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CANCER	
Key to Abbreviations	
ACS	American Cancer Society
AICR	American Institute for Cancer Research
DHHS	U.S. Dept. of Health and Human Services
HRSA	Health Resources and Services Administration
NCI	National Cancer Institute
NIH	National Institutes of Health
*	These items are new to the list this year.
Related Library Section(s):	
Nutrition, Tobacco	

American Cancer Society Cancer Facts and Figures 1998. American Cancer Society, 1998.

✓ **The Bethesda System for Reporting Cervical Cytology: Definitions, Criteria, and Explanatory Notes. Editors, Diane Solomon, Ritu Nayar,** 2nd edition. July 2004. 224 pages.

Cancer Care Issues in the United States: Quality of Care Quality of Life. President's Cancer Panel, January 1, 1987. December 31, 1998. 221 p. Sections: concerns about cancer care, quality of cancer care and quality of life, and recommendations. Includes appendices.

Cancer Center Core Grant 9/1/94-8/31/99. Norris Cotton Cancer Center, Dartmouth Hitchcock Medical Ctr, 1993.

Cancer in New Hampshire: Incidence 1987-1990, Mortality 1986-1990. New Hampshire Cancer Registry, 1993.

Cancer in New Hampshire: Key Impact and Cost Findings. C.C. Gaffney, 1997.

Cancer in New Hampshire Preliminary Report 1995: Preliminary Report of Cancer Incidence from the New Hampshire State Registry. June, 1998. 40 p.

Cancer in New Hampshire: Provisional Statistical Report for 1991. NH Division of Public Health Services and Norris Cotton Cancer Center, 1992.

Cancer in New Hampshire, 1997, Campbell, D, Stevens. M. NH State Cancer Registry, 7/99, 60 p. This report includes NH cancer incidence and mortality data from 1997 and a summary of incidence rates in NH covering the five years from 1993 through 1997.

Cancer in New Hampshire, 1999, 6/02. Office of Community & Public Health, Bureau of Health Statistics & Data Management. This report includes NH cancer incidence and mortality data from 1999 and a summary of incidence rates in NH covering the five years from 1995 through 1999.

Cancer Incidence and Mortality in New Hampshire 1987-1991. NH Div. of Public Health Services, 1995.

Cancer Prevention in Community Practice. ACS, NH Division, n.d.

Cancer Prevention....The Nutrition Connection (Kit), 1987. SEE: *Nutrition.*

Chemotherapy and You: A Guide to Self-Help During Treatment. DHHS, 1990.

✓ **Childhood Cancer : A Parent's Guide to Solid Tumor Cancers.** Honna Janes-Hodder. 1999. 521p. Patient-centered guides.

✓ **Closing in on Cancer: Solving a 5000-Year-Old Mystery** NIH/NCI, 9/98. 54 p. This book traces the interwoven histories of science, medicine, and cancer from ancient Egypt to the present.

Developing a Composite Clinical and Health Services Data Base: Linking the New Hampshire State Cancer Registry with Mortality Data and Administrative Data from Medicare, Medicaid, and the Uniform Hospital Discharge Data Set. NH Data-Based Intervention Research Project, 1994.

Diagnosis and Treatment of Early Melanoma: National Institutes of Health Consensus Statement. NIH, 1992.

Diet, Nutrition and Cancer Packet. SEE: *Nutrition.*

Directory of DBIR Principal Investigators and Key Staff. NCI, 1993.

Facing Forward: A Guide for Cancer Survivors. DHHS, 1990.

Factors Affecting Physician Adherence to Breast Cancer Screening Guidelines: A Meta-Analysis. S.P. Ackerman and Centers for Disease Control.

Food, Nutrition and the Prevention of Cancer: a Global Perspective. World Cancer Research Fund/American Institute for Cancer Research. 1997.

660 p. This report: evaluates the role of diet, exercise, body mass and smoking on the development of cancer in 18 parts of the body, provides new dietary and health guidelines for prevention of cancer, and offers public policy recommendations to help make cancer prevention an achievable goal.

Guidelines on Diet, Nutrition, and Cancer Prevention: Reducing the Risk of Cancer With Healthy Food Choices and Physical Activity. American Cancer Society, 1996.

Malignant Melanoma of the Skin, New Hampshire. J. Underhill, et al., 1992.

✓ **Man to Man : Surviving Prostate Cancer.** Michael Korda, 491 p. (Large Print), 1996.

Moving Towards a Plant-Based Diet: Menus and Recipes for Cancer Prevention. AICR, 1998.

A National Action Plan for Cancer Survivorship: Advancing Public Health Strategies, April 2004. CDC, Lance Armstrong Foundation. 69 p.

The Nation's Investment in Cancer Research: A Budget Proposal for Fiscal Years 1997/98. NIH, 1996.

✓ **Native Outreach: A Report to American Indian, Alaska Native, and Native Hawaiian Communities.** NCI Monographs, March, 1999, NIH Pub. 98-4341, and Executive Summary, NIH Pub.99-4341S.

The New Corporate Agenda:
Investing in Breast Cancer Screening at
the Worksite. SEE: *Audiovisual
Catalog*.

**New Hampshire State Cancer
Registry: The Key to Cancer Control.**
New Hampshire State Cancer Registry,
June 18, 1998.

✓ **100 Questions and Answers About
Breast Cancer.** Zora Brown, LaSalle
Leffall. 248 p. 2003. Authoritative,
practical answers to your questions
about treatment options, post-treatment
quality of life, sources of support, and
much more. An invaluable resource for
anyone coping with the physical and
emotional turmoil of this frightening
disease.

**The Picture of Health: How to
Increase Breast Cancer Screening in
Your Community.** NIH, NCI, 1993.
NIH Publ. No. 94-3604.

✓ **Prostate & Cancer: A Family Guide
to Diagnosis, Treatment & Survival.**
Sheldon Marks, 1999. 343 p.

**Respiratory Health Effects of Passive
Smoking: Lung Cancer and Other
Disorders.** SEE: *Tobacco/Report of the
Surgeon General*

**Understanding Breast Changes: A
Health Guide for All Women.** NIH,
NCI. 1996,1997 52 p.

Understanding Gene Testing. DHHS,
NIH, 1995.

✓ **Understanding Lumpectomy : A
Treatment Guide for Breast Cancer.**
Rosalind Benedet, Mark Rounsaville.
2004. 159 p. This book covers topics

such as how a lumpectomy is performed,
what to expect from radiation treatment,
finding the emotional support needed
during this time, exercise, nutrition, and
prevention of lymphedema.

***United States Cancer Statistics: 1999
Incidence, 2002.** CDC, 154 p.

**United States Cancer Statistics: 2000
Incidence, 2002.** CDC, 175p.

✓ **What You Need to Know About
Cancer of the Cervix.** NIH, NCI, 1994.

Women's Health and Nutrition Issue.
SEE: *Nutrition*.

✓ **Your Breast Cancer Treatment
Handbook .** Judy C. Kneece.1998. 3rd
Ed. 188 p.

CARDIOVASCULAR

Key to Abbreviations

AHA	American Heart Association
DHHS	U.S. Dept. of Health and Human Services
NHLBI	National Heart, Lung and Blood Institute
NIH	National Institutes of Health
*	These items are new to the list this year.

Related Library Section(s):
Nutrition

Action Plan for Women's Health.
SEE: *General Health Promotion
Planning*.

**AHA Dietary Guidelines Revision
2000: A Statement for Healthcare
Professionals From the Nutrition**

Committee of the American Heart Association. AHA 2002. 15 p. R. Krauss, et al. This document presents guidelines for reducing the risk of cardiovascular disease by dietary and other lifestyle practices. These revised guidelines place increased emphasis on foods and an overall eating pattern and the need for all Americans to achieve and maintain a healthy body weight.

✓ **American Heart Association Low-Fat, Low-Cholesterol Cookbook.** SEE: *Nutrition*

Atlas of Stroke Mortality: Racial, Ethnic, and Geographic Disparities in the United States. M. Casper, E. Barnett, I. Williams, 1/03. 156 p. The Atlas of Stroke Mortality provides a comprehensive look at stroke death rates for all U.S. women and men and for the 50 states, and the District of Columbia. The Atlas also documents racial, ethnic and geographic disparities in stroke death rates among women and men.

✓ **Bringing Heart Health to Latinos. A Guide for Building Community Programs.** NIH Publication No. 98-3796, 11/98. This guide presents the basic steps for planning, developing, implementing, and evaluating a community-based program to promote heart health among Latinos.

Cholesterol in Children: Healthy Eating is a Family Affair. SEE: *Nutrition*.

Cholesterol in Children and Adolescents: A Physician's Handbook. SEE: *Nutrition*.

***Core Curriculum on Tuberculosis: What the Clinician Should Know.** SEE: *Professional Training*

Eating With Your Heart in Mind. SEE: *Nutrition*.

✓ **The Female Heart: The Truth About Women and Coronary Artery Disease.** M.J. Legato and C. Colman, 1991, 252 p. Practical advice about self-care and prevention, understanding medical tests, recognizing the symptoms of heart disease and heart attack, and recovery.

Finding Resources for Healthy Heart Programs at Work. SEE: *Worksite*.

Heart Health...Your Choice. SEE: *Nutrition*.

Live Healthier, Live Longer – Lowering Cholesterol for the Person With Heart Disease. NIH Pub. 96-3805, 9/96. 34 p. This booklet discusses the difference between LDL-cholesterol, HDL-cholesterol, and triglycerides, the role of each in heart disease; and the importance of lowering LDL-cholesterol to a level of 100 or less. Understand how diet and lifestyle changes, together with medications if prescribed, can improve your cholesterol and reduce your heart disease risk.

Men and Heart Disease: An Atlas of Racial and Ethnic Disparities in Mortality. (1st. ed.) 231 p. Office for Social Environment and Health Research, 6/01. This landmark volume illustrates how the mix of place, male gender, and race influences the risk of death from heart disease.

Mobilizing a Minority Community to Reduce Risk Factors for Cardiovascular Disease: An Exercise Nutrition Handbook 1989. Community Health Assessment and Promotion Project. SEE: *General Health Promotion Planning*.

North Carolina Plan to Prevent Heart Disease and Stroke. SEE: *General Health Promotion Planning*

✓ **A Public Health Action Plan to Prevent Heart Disease and Stroke: Executive Summary and Overview.** CDC. 2003, 74 p.. This plan gives health practitioners and policy makers a framework for developing a health care system that equally supports treatment and prevention. It is designed to guide the nation in taking action, strengthening capacity, evaluating impact, advancing policy, and engaging in partnerships to reverse the epidemic of heart disease and stroke.

✓ **A Public Health Action Plan to Prevent Heart Disease and Stroke: Executive Summary and Overview.** CDC. 2003. 12 p.

Promotion Physical Activity Among Adult: A CDC Community Intervention Handbook. SEE: *Fitness*

Recommendations for Improving Cholesterol Measurement. NIH, 2/90. NIH Pub. No. 90-2964A.

Report of the Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure. SEE: *Nutrition*.

State Cardiovascular Disease Highlights 1997: The Burden of Cardiovascular Disease in the U.S. Centers for Disease Control and Prevention, 1997.

✓ **Stay Young at Heart: A Heart Healthy Nutrition Education Program.** SEE: *Nutrition*

✓ **Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults.** Topics addressed include classification of lipids and lipoproteins, coronary heart disease (CHD) risk assessment, lifestyle interventions, drug treatment, and interventions to improve adherence.

Women and Heart Disease: An Atlas of Racial and Ethnic Disparities in Mortality. (2nd ed.) 231 p., 12/00. Developed by the Office for Social Environment and Health Research at West Virginia University and CDC's Cardiovascular Health Branch to provide critical data on geographic, racial, and ethnic inequalities in women's heart disease death rates for the five major racial and ethnic groups.

Women's Health and Nutrition Issue. SEE: *Nutrition*.

CATEGORICAL DISEASES

(Allergies, Arthritis, Asthma, Depression, Osteoporosis)

Key to Abbreviations

ANRC American National Red Cross
CDC Centers for Disease Control
DHHS U.S. Dept. of Health and Human

Services
NHLB National Heart Lung & Blood
Institute
NIH National Institutes of Health
NOF National Osteoporosis
Foundation
OWH DHHS/Office on Women's
Health
These items are new to the listing
this year.

Related Library Section (s):

Cancer, Cardiovascular Disease,
Nutrition.

Act Against Osteoporosis! National
Osteoporosis Foundation, 1995.

✓ **American Red Cross HIV/AIDS
Facts Book.** ANRC, 1995. 268 p.
Topics include HIV transmission and
prevention; testing; the blood supply; the
social impact of HIV infection; first aid,
CPR, and aquatics; and children with
HIV. A great resource for classrooms,
clinics, and other settings.

✓ **The Arthritis Foundation's Good
Living With Fibromyalgia.** 2002, 206
p. This book contains the latest
information and useful tools to help the
person living with this condition
understand and treat their many
symptoms.

✓ **The Arthritis Foundation's Guide
to Alternative Therapies.** J. Horstman,
et al, 8/96. 286 p. This book contains the
latest research medical opinion and
clinical advice on nearly 90 different
alternative therapies for arthritis. You'll
also learn where to find a qualified
practitioner, what to expect during an
office visit and how much a therapy
should cost.

✓ **The Arthritis Foundation's Guide
to Managing Your Arthritis.** M.
Dunkin, 2001. 193 p. Includes medical
news on arthritis, how to work with your
doctor, and recommended supplements
to take with your arthritis medications.

✓ **The Arthritis Foundation's Tips for
Good Living With Arthritis.** Arthritis
Foundation, 2001. 209 p.

✓ **The Arthritis Helpbook: A Tested
Self-Management Program for Coping
With Your Arthritis, 5th Ed.** K. Lorig
and J.F. Fries, 1990. 367 p.

✓ **Arthritis 101: Questions You Have,
Answers You Need.** Arthritis
Foundation, 1997. 144 p. This book is
answers the most important questions
about arthritis and rheumatic diseases. It
covers all the traditional treatments and
also offers nontraditional approaches to
living with arthritis. This newly revised
edition includes the latest information on
current research, new treatments and
new drugs.

**Asthma & Physical Activity in the
School: Making a Difference.** NHLBI,
1995.

The Asthma Handbook. American
Lung Association, 1998.

**Asthma Management in Minority
Children: Practical Insights for
Clinicians, Researchers, and Public
Health Planners.** NHLBI, 1995.

Better Bones, Better Body. Brown,
Susan E. Ph.D., Keats Publishing, Inc.,
1996.

**Bones of Steel: An Osteoporosis Patch
Program.** Developed by the Girls Scouts

of Swift Water Council and the Injury Prevention Program, NHDHHS, 2001.

✓ **Calcium Counseling Kit.** National Dairy Council, 1997.

✓ **Calcium in Your Life.** Pierre, Colleen MS, RD, Chronimed Publishing, 1997.

✓ **Children With Asthma:** A Manual for Parents, 2nd Ed. T.F. Plaut, 1988.

Clinical Care in the Rheumatic Diseases. S. Wegener, B. Belza, E. Gall, 1996. 312 p. For use by physicians, health professionals, and rheumatology training programs in medical and professional schools. Written by more than 60 experts in the fields of rheumatology, nursing, physical therapy, occupational therapy and the behavioral sciences.4

A Collection of Articles Regarding Osteoporosis, 1998.

Colorado Osteoporosis Prevention Project. Colorado Dept. of Public Health and Environment, 1996.

Considerations for Diagnosing and Managing Asthma in the Elderly. NHLBI, 1996.

***Core Curriculum on Tuberculosis: What the Clinician Should Know.** SEE: *Professional Training*

Dietary Reference Intakes for Calcium, Phosphorous, Magnesium, Vitamin D, and Fluoride. SEE: *Nutrition*

First Annual Report of the NH Osteoporosis Prevention & Education

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Program November 1, 1997-October 31, 1998, NH Dept. of Health & Human Services.

Guidelines for the Diagnosis and Management of Asthma: National Asthma Education Program Expert Panel Report:Full Report. Ped. Asthma Allergy and Immunology, Vol. 5 No. 2, Summer 1991.

Harvard Health Publications Special Report: Osteoporosis, 1997.

Healthy Bones: Ideas for Teaching Children, Teens, and Adults About Building Healthy Bones. New England Dairy and Food Council, 1996. Material for grade 1 to adult. Includes, fact sheet, promotions, sample letters, and recipes.

✓ **Healthy women, Healthy Lives : A Guide to Preventing Disease From the Landmark Nurses' Health Study.** Susan E. Hankinson, [et al.] 2001, 546 p. This is a compilation of the Harvard Medical School landmark 25-year study by the of women's health. The Nurses' Health Study closely examined the habits of over 225,000 women, yielding insight into heart disease, breast and ovarian cancer, diabetes and other serious illnesses and making it the largest study to date on the effects of behavior and lifestyle on women's health.

✓ **Help Yourself: Recipes and Resources From the Arthritis Foundation.** The Arthritis Foundation (Tennessee Chapter), 1995. 148 p. This limited-edition cookbook contains 249 healthy, easy-to-prepare recipes and cooking tips and information on special utensils and devices that simplify food preparation.

✓ **HIV-AIDs in New Hampshire: Surveillance Report 1990.** NHDHHS, 1991. 18 p.

How to Create the “Do You Know Where Your Calcium Is?” Display. New England Dairy and Food Council, 1995.

Indiana Osteoporosis Prevention Initiative. Indiana State Department of Health, 10/97.

Kid’s Book About Healthy Bones. Medical Information Group, 1977.
Activity book that helps children learn about what they can do and eat to build healthy bones.

Learn Asthma Control in Seven Days. W.C. Bailey and B.A. Manzella, 1989.

Let’s Talk About Asthma: A Guide for Teens. The American Lung Association of New Hampshire, 1996.

Living Healthy: The Asian American Osteoporosis Education Initiative. 2002, 3-ring binder. Topics covered: What is Osteoporosis, Why Are Asian American Women At Risk, How Does Osteoporosis Affect You and Your Family, Calcium & Vitamin D, Physical Activity & Exercise, Fall & Fracture Prevention, Talking with Your Doctor, Bone Mineral Density Testing, Osteoporosis Treatment, Family Risk of Osteoporosis.

Living With Asthma: Current Perspectives in the Management of Pediatric Asthma. R. Lemanske (ed.) 29 p. Monograph based on a satellite

symposium held in San Francisco, CA, 10/21/01.

Management of Asthma During Pregnancy . NHLBI, 1993. 74 p. NIH Pub No. 93-3279, with Executive Summary, 93-3279A.

✓ **Managing Allergies and Asthma at School;** Tips for Schoolteachers and Staff. American Academy of Allergy, Asthma & Immunology, 1995.

Management of Asthma During Pregnancy: Report of the Working Group on Asthma and Pregnancy. With Executive Summary. DHHS, NIH Pub. No. 93-3279, 9/93 & 3279A, 3/93.

Managing Asthma: A Guide for Schools. DHHS, 1991.

Maryland Osteoporosis Awareness and Prevention Campaign. Maryland Department of Health and Mental Hygiene, 1996.

Massachusetts Osteoporosis Awareness Program. Massachusetts Dept. of Public Health, 1995.

National Arthritis Action Plan: A Public Health Strategy. Arthritis Foundation National Office, 1999.

National Osteoporosis Foundation Education Kit. NOF, 12/97.

✓ **New Hampshire’s Alzheimer’s Disease and Related Disorders:** Family Care Guide. NH Division of Elderly and Adult Services Alzheimer’s Program, 1993.

One Minute Asthma: What You Need to Know. 5th Ed. 2001 T. Plaut.

Pedipress, Inc. 61 p. This pocket-sized guide to asthma for patients covers diagnosis and treatment in clear language. Resources for further information are included.

Nurses: Partners in Asthma Care. NIH, NHLBI, 1995.

Osteoporosis: Dealing with the Condition for All Ages. Dartmouth Hitchcock Medical Center, 10/97.

Osteoporosis: Facilitator's Guide to Prevention Education. South Dakota Dept. of Health, 1997.

Osteoporosis: A Guide to Prevention, Early Detection, and Treatment. VA Dept. of Health, 1997.

Osteoporosis: Spine Focus Issue. Lippincott-Raven Publishers, Dec. 15, 1997.

Osteoporosis Prevalence Figures 1996 and 2015, State by State Report.

Osteoporosis Prevention and Treatment. P. Stuppy, 2001. Continuing Education Course for Health, Fitness and Nutrition Professionals.

Osteoporosis Tool Kit/Association of State and Territorial Chronic Disease Program Directors.

Osteoporosis 2000: A Resource Guide for State Programs. Women's Health Council, (Revised) 8/00. 60 p. spiral bound.

Powerful Bones, Powerful Girls. National Campaign from CDC/OWH/NOF, 8/01. Includes executive summary and guide with

information sheets designed to educate and encourage girls 9-12 yr. old to establish lifelong healthy eating habits.

Primer on the Metabolic Bone Diseases and Disorders of Mineral Metabolism 3rd Edition. Lippincott-Raven Pub., 1996.

✓ **Primer on the Rheumatic Diseases.** 12th Ed. Kippel, et.al., 2001. 700 p. This text is a comprehensive guide to the rheumatic diseases from the Arthritis Foundation. Offers medical students and physicians a concise description of the current science, diagnosis, clinical consequences, and principles of management.

***Property of a Powerful Girl: Calcium & Physical Activity Journal.** CDC, National Bone Health Campaign, no date. For Girls ages 9-12. Brightly designed journal encourages girls to build strong bones by being physically active and getting enough calcium and vitamin D in their diet. Provides a calendar to track physical activity and eating habits with stickers for marking special efforts; fun recipes using calcium-rich foods; and blank pages for recording thoughts.

✓ **Raising a Child With Arthritis: A Parent's Guide.** Arthritis Foundation, 1998. 192 p. A guide to understanding and coping with the challenges of caring for a child with arthritis, this book gives advice and information from top pediatric health professionals.

Reported Tuberculosis in the United States. CDC, 1996 and 2000.

The Role of the Pharmacist in Improving Asthma Care. NIH, NHLBI, 1995.

RSV and Asthma: Is There a Link? American Thoracic Society monograph, 1998. 55 p. P. Hiatt, ed. Ten articles with CME section that cover RSV infection and airway neural control.

STD: Sexually Transmitted Diseases, 2nd Ed.. J. Daugirdas, 1991.

Strong Bones: Make Them Yours for Life Education Kit. National Osteoporosis Foundation, 1993.

✓ **Strong Women Stay Young.** Miriam E. Nelson, Sarah Wernick. 2000 (revised edition). 270 p. This book presents a program for strength training based on a graduated schedule of weight-lifting exercises. The exercises can be done either with free weights or on a weight-lifting machine. In addition, Nelson provides suggestions for maintaining one's motivation and finding the time for exercise.

✓ ***Strong Women and Men Beat Arthritis: The Scientifically Proven Program That Allows People With Arthritis to Take Charge of Their Disease.** Miriam E. Nelson, Kristin Baker, Ronenn, Md. Roubenoff, Laurence Linder, Kristin R. Baker, 2001, 298 p. In this book, the author describes a plan that people can use to actually reverse the pain and immobility that arthritis causes-right in their own homes.

✓ **Strong Women, Strong Bones.** Nelson, Miriam E., Wenick, Sarah, 2000. 318 p. A scientifically tested exercise program for women with specific strength-training exercises is

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offered by a leading exercise authority from Tufts University.

Survey of State Activities on Osteoporosis in 1998. NOF, February, 1999

Women's Health and Nutrition Issue. SEE: *Nutrition.*

***Your Asthma Can Be Controlled:** Expect Nothing Less. DHHS, NIH Pub. No. 91-2664, 1999

DIABETES

Key to Abbreviations

ADA	American Diabetes Association
CDC	Centers for Disease Control
DHHS	U.S. Department of Health and Human Services
NIH	National Institutes of Health
*	These items are new to the list this year.

Related Library Section(s):
Nutrition

✓ **American Diabetes Association Complete Guide to Diabetes.** American Diabetes Association, 1996.

Building Understanding to Prevent and Control Diabetes Among Hispanics/Latinos: Selected Annotations. CDC, National Center for Chronic Disease Prevention and Health Promotion, 1996.

Carbohydrate Counting Cookbook. Ross, Tami; Geil, Patti, 1998.

✓ **Caring for Young Children Living with Diabetes. Parent Manual.** Joselyn Diabetes Center, 1996 B. Anderson.

✓ **A Core Curriculum for Diabetes Education, 3rd Ed.** Martha Mitchell Funnell. 1998.

Daily Decisions: A Guide to Diabetes Self-Management. Video. SEE: *Audiovisual Catalog*

✓ **Diabetes:** A Guide to Living Well; A Program of Individualized Self-Care. E. Lowe and G. Arshem, 1992.

✓ **Diabetes A to Z: What You Need to Know About Diabetes, Simply Put.** ADA, 1996. 202 p. *Diabetes A to Z* gives information about alcohol, blood sugar, complications, diet, exercise, foot care, gestational diabetes, and heart disease.

Diabetes and Women's Health Across the Life Stages: A Public Health Perspective. G. Beckles, P Reid, Ed. 2001. 198 p. (CDC Monograph) This is the first major public health publication to address the unique and serious impact diabetes has on women.

Diabetes Dictionary. National Diabetes In-formation Clearinghouse, 1994.

Diabetes Education Goals. ADA, 1995.

Diabetes in America, 2nd Ed. National Diabetes Data Group, 1995.

Diabetes Is Not a Piece of Cake. J. Meirelles, 1994.

✓ **Diabetes 101:** A Pure and Simple Guide for People Who Use Insulin; B.P. Brackenridge and R. O. Doliner, 1998.

Diabetes Surveillance. DHHS, CDC, Division of Diabetes Translation. Library has: 1991, 1993, *1997.

Diabetes Today: A Course on How to Build Skills to Plan and Implement Community-Based Programs for Persons With Diabetes. DHHS, 1993.

Diabetes Youth Curriculum: A Toolbox for Educators. Prentice Hall, 1988. P. Moynihan. Includes resources and activities guide, curriculum binder.

Direct and Indirect Costs of Diabetes in the United States in 1992. ADA, 1993.

Economic Aspects of Diabetes Services and Education: Selected Annotations. DHHS, CDC, 1992.

The Economics of Diabetes Mellitus: An Annotated Bibliography. CDC, 8/99. Includes important economic studies for use in creating effective policies and answering preventive questions.

Educator's Manual. Diabetes Centers of New Hampshire, 1994.

FEET Information Kit. ADA, 1995.

✓ **The Fitness Book for People With Diabetes.** W.G. Hornsby, Ed., 1994.

Gestational Diabetes...What to Expect. American Diabetes Association, 1997.

✓ **Grilled Cheese at Four O'Clock in the Morning.** J. Miller, 1988.

Growing Up With Diabetes...What Children Want Their Parents to Know. McAuliffe, Alicia, 1998.

✓ **The Health Professional's Guide to Diabetes and Exercise.** ADA, N. Ruderman, 1995. Includes treatment recommendations, exercise in special patient groups, sports advice, and resources information.

✓ **Healthy Selects Cookbook Series.** F.R. Blenn, 1994 and 1995.

- ✓ Easy & Elegant Entrees.
- ✓ Great Starts & Fine Finishes.
- ✓ Quick & Hearty Main Dishes. Savory Soups & Salads.
- ✓ Simple & Tasty Side Dishes.

Hello Neighbor! A Warming Community Cookbook. A City of Buffalo Neighborhood Diabetes Coalition Initiative, 1996.

Hypertension in Diabetes; A National High Blood Pressure Education Program Working Group Report. DHHS, National Heart, Lung & Blood Institute, 1995.

✓ **If Your Child Has Diabetes...An Answer Book for Parents.** J. Elliott, 1990. 21 p. This book covers all aspects of diabetic care, both physical and emotional, and supplies many answers to questions that parents need to ask.

✓ **In Control...A Guide for Teens with Diabetes.** J. Betschart, S. Thom, 1995.

Intensive Diabetes Management. ADA Clinical Education Series, 1995.

✓ **It's About Time To Learn About Diabetes:** A Workbook on Diabetes for Children. J Betschart. (includes 19 min. video). SEE: *Audiovisual Catalog*

✓ **Johns Hopkins Guide to Diabetes:** For Today and Tomorrow. C.S. Saudek, et.al, 1997. Comprehensive reference guide for diabetic patients and caregivers.

✓ **The Joy of Snacks:** Good Nutrition for People Who Like to Snack; Rev. and Updated. N. Cooper, 1991.

✓ **The Kids, Food and Diabetes Family Cookbook.** G. Loring.

✓ **Learning To Live Well With Diabetes;** Updated and Revised Ed. M.J. Franz, et al., Ed. 1991.

Lessons From Implementing State-Based Diabetes Control Programs: An Evaluation. J. Hersey, et al., 1994.

Life with Diabetes. American Diabetes Association, 1997. 683 p. A series of teaching outlines by the Michigan Diabetes Research and Training Center.

Living With Diabetes. Pennsylvania Health Promotion Council, 1997.

✓ **Magic Ride in Foozbah-Land...An Inside Look at Diabetes.** J. Betschart, 1995.

✓ **Managing Diabetes on a Budget:** How to Get the Most Out of Every Dollar You Spend. L.Y. Dawson, 1995.

Managing Your Gestational Diabetes: A Guide for You and Your Baby's Good Health. L. Jovanovic-Peterson, 1994.

Medical Management of Insulin-Dependent (Type I) Diabetes, 2nd Ed. ADA Clinical Education Series, 1994.

Medical Management of Non-Insulin-Dependent (Type II) Diabetes, 3rd Ed. ADA, 1994.

Medical Management of Pregnancy Complicated by Diabetes, 2nd Ed. ADA Clinical Education Series, 1995.

Michigan Diabetes Outreach Network. Michigan Dept. of Community Health, no date.

Month of Meals: A Menu Planner. ADA, 1989. 4 vol. Set.

The National Diabetes Education Program: A Diabetes Community Partnership Guide. #NDEP-21, 1999. This how-to kit contains ideas, tools, and guidelines for community partnerships and diabetes activities.

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✓ **Raising a Child With Diabetes:** A Guide for Parents. L. Siminerio and J. Betschart, 1995.

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- Diabetes and Aging, 4/95.
- Diabetes Educational Materials for People with Limited Reading Skills, 2/95.
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- Diabetes in Children and Young Adults
- Materials for Health Professionals, 2/95.
- Materials for Lay Persons, 3/95
- Diabetes-Related Materials and Products for People with Visual

- or Physical Impairment, 4/95
- Diet and Nutrition: Guides, Manuals, Fact Sheets, & Cookbooks for People with Diabetes, 2/95.
- Diet and Nutrition and Diabetes: Professional Materials, 3/95.
- Foot Care and Diabetes, 4/95.
- Gestational Diabetes, 4/9.
- Kidney Disease of Diabetes: Materials for Lay People, 3/95. Materials for Professionals, 3/95.
- Sports, Exercise and Diabetes, 3/95.
- Teaching Guides for Diab. Educ., 3/95

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✓ **The Sun, The Rain and The Insulin:** Growing Up With Diabetes. J. MacCracken, 1996. This is a story of families sharing the challenges of diabetes. Provides valid, important, scientific information on the disease.

✓ **Sweet Kids: How to Balance Diabetes Control & Nutrition With Family Peace.** B. Brackenridge and R. Rubin, 1996. Expert guidelines and sensible diabetes management for parents of diabetic children and to all people with diabetes.

✓ **The Take-Charge Guide to Type I Diabetes.** ADA, 1994.

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Companion guide to video. SEE:
Audiovisual Catalog

✓ **The Ten Keys to Helping Your Child Grow Up With Diabetes.** T. Wysocki, 1997. A practical book for parents and caregivers that addresses in detail the psychological, social, and emotional hurdles that can complicate the lives of youngsters with diabetes.
Diabetes

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✓ **A Touch of Diabetes: A**
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✓ **Type II Diabetes: Your Healthy Living Guide.** American Diabetes Association 2nd Edition, 1997.

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When Diabetes Complicates Your Life. Juliano, Joseph MD, 1998.

✓ **Women & Diabetes...Life Planning for Health and Wellness.** Poirier, Laurinda M.; Coburn, Katharine, American Diabetes Association, 1997.

FITNESS

Key to Abbreviations

CDC	Centers for Disease Control
DHHS	U.S. Dept. of Health and Human Services
NHLBI	National Heart, Lung, and Blood Institute
NIH	National Institutes of Health

* These items are new to the listing this year.

Related Library Section (s)

Nutrition, Older Adults, School Health Education, Self-Care.

Action Plan for Women's Health.

SEE: *General Health Promotion Planning*.

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IRSA, The Assn. of Quality Clubs, 1991.

✓ **Bicycle Across America.** B. Siegert, 1996. 208 p. Bicycle Across America chronicles five trans-America tours, provides route notes and maps, and offers suggestions on what to see and expect along the way.

***Bright Futures in Practice:** Physical Activity. P. Spear, 2001.

SEE: *General Health Promotion Planning*

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***Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults.** SEE: *General Health Promotion Planning*

✓ **The Complete Walker III:** The Joys and Techniques of Hiking and Backpacking. C. Fletcher, 1989.

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Guidelines for Comprehensive Programs to Promote Healthy Eating and Physical Activity. SEE: *Nutrition*

Health Promotion and Exercise for Older Adults. SEE: *Older Adults*.

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✓ **How to Prevent Falls: A Comprehensive Guide to Better Balance.** B. Perkins-Carpenter, 1993. This book contains easy-to-follow, safe, fun exercises designed to enable seniors to improve their balance and their muscle tone.

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✓ * **Joan Samuelson's Running for Women.** J. Samuelson, G. Alverbuch, 1996. 218 p. The authors give advice on training, racing, injuries, running while pregnant, and stretching. They include a large section on "The Winning Edge," which includes tips for diet, dress, and mind to make runners more competitive.

✓ * **Kids Walk to School:** A Guide to Promote Walking to School. DHHS-CDC, 2000. Topics include: a checklist for how to organize a KidsWalk-to-School program in your neighborhood, making the program fit in your community, ideas to encourage children's enthusiasm, working with the media, working with elected officials,

funding, safety tips, policy statements, resources, and tools to use.

Mature Stuff: Physical Activity for the Older Adult. D.K. Leslie. 1989.

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NH Walks Walking Club Leader Manual: A Guide for Developing Walking Programs. NH Division of Public Health Services, 1990.

NH Walks For Fun and Fitness: Walking Club Leader Manual: A Guide For Developing Walking Programs. NH Division of Public Health Services, 1988.

Nolan Ryan Fitness Guide. President's Council on Physical Fitness and Sports, no date.

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Nutrition and Physical Activity to Optimize Performance and Well-Being: Conference Abstracts. International Life Sciences Institutes, 1995.

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Personal Energy Plan: Discovering Easy Ways to Add Physical Activity Into Your Life. CDC and Cooper Inst.

✓ ***Physical Activity and Health: A Report of the Surgeon General.** DHHS, 1996, 278 p. The information in this report summarizes a diverse literature from the fields of epidemiology, exercise physiology, medicine, and the behavioral sciences. Full Report/ Executive Summary.

***Physical Activity Epidemiology.** SEE: *General Health Promotion Planning*

*** Physical Activity Evaluation Handbook.** CDC. 2000. 70p. Spiral Binding. This CDC resource outlines the six basic steps of program evaluation and illustrates each step with physical activity program examples. Appendices provide information about physical activity indicators, practical case studies, and additional evaluation resources.

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***Promoting Physical Activity: A Guide For Community Action.** SEE: *General Health Promotion Planning*

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✓ **Fitness Walking.** R. Sweetgall, et al, 1985.

Seniors on the Move. SEE: *Older Adults.*

Silverstriders Program Manual. L. Alender, et al., Ed., 1992.

✓ ***Sisters Together: Move More, Eat Better.** SEE: *Nutrition*

The Sports Guide: NHLBI Planning Guide for Cardiovascular Risk Reduction Projects at Sporting Events. NHLBI, 1995.

✓ **Strong Women Stay Young.** M.E. Nelson with S. Wernick, 1997.

Take the Challenge: Be More Active! A Worksite Physical Activity Education Program. B. Fraser and B. Scudder-Soucie, 1994.

Teaching Strategies For Improving Youth Fitness. SEE: *School Health Education*.

Walk into History. Governor's Council on Physical Fitness, State of NH, 1993.

Walk For Life: An Implementation Kit - For Communities, For Worksites, For Schools. New York State Dept. of Health, 1993.

***Walking With a Mission:** Walk Our Children to School Day, 1999. U. of North Carolina, 4/00. Information on planning an event to promote health benefits of walking.

✓ ***We Live Too Short and Die Too Long: How to Achieve and and Enjoy Your Natural 120-Year Life Span.** W. Bortz 2/91. 296 p. The author discusses how one can achieve a good old age by individual commitment to cultivating a healthy lifestyle, which includes physical and mental activity, and a sensible diet.

Women's Health and Nutrition Issue. SEE: *Nutrition*.

GENERAL HEALTH PROMOTION PLANNING

(Communications, Marketing, and Media)

Key to Abbreviations	
ASTCDPD	Association of State and Territorial Chronic Disease Program Directors
CDC	Centers for Disease Control
CSTE	Council of State and Territorial Epidemiologists
DHHS U.S. Dept. of Health and Human	

Services	
NIH	National Institutes of Health
*	These items are new to the list this year.

✓ **ABC's of Grantsmanship.** S.H. Smith and D.D. McLean, 1988.

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***America's Children: Key National Indicators of Well-Being, 1998 & 2001.** Federal Interagency Forum on Child and Family Statistics. 126 p. An annual Federal monitoring report on the status of the Nation's children. Eight contextual measures describe changing population and family context in which children are living, and 24 indicators depict the well-being of children in the areas of economic security, health, behavior and social environment, and education.

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The Best Evaluations for Seminars & Conferences. P. Franklin, W. Draves, 1997.

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Beyond Rhetoric: A New American Agenda for Children and Families. National Commission on Children, 1991. 104 p. Discusses the changing American family, principles for action, ensuring income security, improving health, increasing educational achievement, preparing adolescents for adulthood, strengthening and supporting families, protecting vulnerable children and their families, making policies and programs work, and creating a moral climate for children.

The Big Red How-To Guide: Planning a Health Fair for Children & Families. National Health & Education Consortium Institute for Educational Leadership, 1995.

✓ ***Bright Futures in Practice: Physical Activity**. P. Spear, 2001. 221 p. Provides developmentally appropriate physical activity supervision for children and adolescents from birth to age 21, an overview of physical activity issues and

concerns, and strategies and tools for health promotion and disease prevention.

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***CDC Fact Book 2000/2001.** DHHS, September, 2000.

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✓ ***Chronic Disease Epidemiology and Control.** Ross C. Brownson (Editor), Patrick L. Remington (Editor), James R. Davis, 1999, 546 p. First section includes principles and strategies, chronic disease epidemiology, surveillance, interventions, and modern challenges. Major risk factors are addressed in the second part with information related to tobacco, alcohol, cholesterol, hyper-tension risks, physical activity, and nutrition. The third part of the book focuses on the major chronic diseases, including heart disease, cancer, diabetes, and chronic lung diseases.

Chronic Disease in Minority

Populations: African-Americans, American Indians and Alaska Natives, Asians and Pacific Islanders, Hispanic Americans. DHHS, CDC, 1994.

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Developing Objectives for Health People 2010. U.S. Department of Health and Human Services, 1997.

✓ **Disease Prevention/Health Promotion: The Facts.** DHHS, 1988. 341 p. Resource book for planners, writers, and administrators who are seeking data to validate health promotion and disease prevention plans.

Emergency Medical Services for Children. J. Durch and K. Lohr, (Ed.). 1993. 416 p. This comprehensive overview explores why emergency care for children--from infants through adolescents--must differ from that for adults and describes what seriously ill or injured children generally experience in today's EMS systems.

✓ **Epidemiology: Man and Disease.** J. Fox, C. Hall, L. Eleveback, 1970. 339 p. This textbook is an introduction to basic epidemiology appropriate for students of medicine, dentistry, and public health. Explains the basic principles of epidemiology in relation to disease agents, the human host, and to the environment.

✓ ***Evaluation: A Systematic Approach.** P. Rossi, H. Freeman, M. Lipsey, 1999. Chapters include tailoring evaluations, program monitoring, and measuring efficiency.

✓ *** Evolution of Epidemiologic Ideas: Annotated Readings on Concepts and Methods.** Sander Greenland, Ed., 1987. This book presents a clear and logical approach to demonstrating the development of epidemiological concepts and tools. The material is suitable for anyone from novice to a trained epidemiologist.

✓ *** Fair Start For Children: Lessons Learned From Seven Demonstration Projects.** M Lerner, ed. Yale Univ. Press, 1992. 269 p. This book describes the "A Fair Start for Children" program (1982 – 1989 Separate chapters give a description of the projects, and the editors provide an integrated analysis of practical information obtained across these programs.

✓ **Findings from the Behavioral Risk Factor Surveillance System in New Hampshire, 2000.** NH DHHS.

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For a Healthy Nation: Returns on Investment in Public Health. DHHS, J. Sacks , D. Sleet, 1994.

***For Our Future: A Guide to Caring for New Hampshire's Environment.** The Jordan Institute, 2002. 26 p. Community guide introduction to the outcomes of the New Hampshire Comparative Risk Project. This report identifies and ranks critical threats to the environment and public health in New Hampshire.

✓ ***For the Record: Protecting Electronic Health Information.** National Research Council, National Academy Press, 1987. This report covers: protecting patient-identifiable health information, technical and organizational practices, technologies worthy of testing in health care settings, and outlines areas for future research.

***Forging Partnerships for a Century of Prevention: Developing Strategies for Implantation.** 10/18/00. NECON's annual regional health policy makers' conference was devoted to devising specific strategies for the implementation of recommendations to the New England Governors Conference.

Four Steps to Better Objectives. Wisconsin Clearinghouse, 1982.

***From Data to Action: CDC's Public Health Surveillance For Women, Infants, and Children.** Ed., L. Wilcox, J. Marks, contributing editors, J. Becerra ... [et al.]. 1993, CDC Monograph 2, 412 p. U.S. DHHS, PHS, CDC. The first comprehensive description of the CDC's many surveillance and data system activities related to the health of women and children, this monograph focuses on health concerns spanning from infancy to reproductive-age women.

From Managed Care to Managed Health Conference; Selections from the Proceedings of the Second Annual. *The Bulletin*, Vol. 40 Supp. A, 1996.

✓ ***The Future of Public Health: Committee For the Study of Public Health.** Health Division, Health Care Services, DHHS, 1988. 225 p. This title contains recommendations for core functions in public health assessment, policy development, and service assurances.

***Genomics & Chronic Disease Summit: A Report From the Association of State and Territorial Chronic Disease Directors, 2003.** Findings from a summit convened to engage genetics and public health experts in an exchange of information about the state of genomic science. Areas covered are five chronic diseases - asthma, cancer, cardiovascular disease, diabetes, and obesity.

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The Governor's Blue Ribbon Commission Report on Public Health

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Executive Summary and Full Report.

The Guide to Implementing Model Standards: Eleven Steps Toward a Healthy Community. American Public Health Assn., 1993.

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✓ ***Health and Social Policy.** M. Feit, S. Battle, 1995. 290 p. Includes: HIV antibody testing, services for homeless women, cost- effectiveness in policy formulation and analysis, adolescent fathers, and medical indigence.

✓ **Health Behavior and Health Education:** Theory, Research, and Practice. K. Glanz, et al., Ed., 1990.

Health Care for Children: What's Right, What's Wrong, What's Next. R. Stein, 1997. 401 p. The book's authors analyze the damaging effects of the existing "non-system" of care, in which services are fragmented, uncoordinated, and difficult to access, and which leads many children to go without needed care altogether

✓ **Health Care USA.** Sultz, Harry A.; Young, Kristina M., 1997.

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PHS Print Catalog

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Health, United States, 1998.

***Health, United States, 1999: Health and Aging Chartbook.** DHHS Pub. No. (PHS) 99-1232-1, 9/99. This special chartbook focuses on older adults because they are major consumers of health care and their numbers are increasing. Includes: population statistics, health status, and health care access and utilization. Examples of the 34 figures included are prevalence of visual impairment, hearing impairment, and reduced hip bone density.

***Health, United States, 2001.** DHHS Pub. No. (PHS) 01-1232-1, 8/01. 456 p. Includes Urban and Rural Health Chartbook. This report includes 148 trend tables organized around four broad subject areas: health status and determinants, health-care use, health-care resources, and health-care expenditures. Disparities in health by race/ethnicity and socioeconomic status are presented in several tables.

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Healthy Networks: Models for Success; Proceedings, Oct. 23-25, 1991.

✓ ***Healthy New Hampshire 2010.** Healthy NH 2010 Leadership Council & NH Dept. of Health & Human Services, 3/1/01. A compilation of national and state health promotion and disease prevention objectives for the year 2010. *General Health Promotion Planning*

Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention. 1979. This report challenged the country to meet 226 goals over the next decade to make people healthier, reduce deaths by 20-35 percent and lower sick days by 20 percent for the elderly.

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Hillsborough County Community Youth Profile. University of New Hampshire Cooperative Extension, 3/20/98, 68 p. SEE: NH Statewide Community Youth Profile for description of report.

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- No. 3: Placing Newspaper Ads.
- No. 4: Writing and Sending Press Releases.
- No. 5: Gaining Access to Media Resources.
- No. 6: Working with Media Gatekeepers.
- No. 7 Print Production: Dealing with Vendors.
- No. 8: Building a Media Resource Directory.
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- No. 9: Online Data Retrieval of Health Information.
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- No. 11: Writing Effective Survey Questions.

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- No. 12: Building and Maintaining Effective Coalitions.

***How to Promote Physical Activity in Your Community.** ASTDHPPE, 1997. 46 p.

The Impact of the Recession on Access to Healthcare in New Hampshire: An Analysis of Changes in Public Assistance, Homelessness, and Uncompensated Care. M. Prazar, et al., 1993.

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✓ **Kids Count Data Book:** State Profiles of Child Well-Being. The Annie E. Casey Foundation, 1995.

✓ **Kids Count New Hampshire.** Children's Alliance of NH. 1995, 1996.

✓ ***Law in Public Health Practice.** R. Goodman, et al (ed). Oxford University Press, 2003. 462 p. For public health practitioners, lawyers, health-care providers, law and public health educators and students. Chapters one through eleven give a thorough review of the legal basis and authorities for core elements of public health practice. The remaining nine chapters focus on high-priority as well as emerging areas of law and public health, including genomics, communicable diseases, public health emergencies, reproductive health, tobacco prevention, and environmental, injury, and occupational issues.

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NH DHHS, Division of Public Health Services
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SEE: *Categorical Diseases*

✓ ***Measuring Violence-Related Attitudes, Beliefs, and Behaviors Among Youths: A Compendium of Assessment Tools.** CDC (spiral binding), 1998. 267 p. Most of the measures in this compendium are intended for use with youths between 11 and 20 years, to assess factors such as attitudes towards violence, aggressive behavior, conflict resolution strategies, self-esteem, self-efficacy, and exposure to violence.

✓ **Media Advocacy and Public:** Power for Prevention. L. Wallack and others, 1993.

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- definition of critical issues
- recommended strategies for addressing critical issues

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***Promoting Better Health For Young People Through Physical Activity and Sports.** CDC and National Center for Chronic Disease Prevention and Health

Promotion, Fall 2000. A key report to the President that outlines 10 practical, achievable strategies for promoting participation in physical activity and sports among young people.

***Promoting Nutrition and Physical Activity Through Social Marketing: Current Practices and Recommendations.** R. Alcala, Bell 6/00, 94 p. This review examines the planning, design, implementation, and evaluation of 50 social marketing campaigns intended to promote better nutritional practices and increased physical activity. The authors give a critical summary the practices of these community-based promotion campaigns and offer recommendations for improving future interventions.

***Promoting Older Adult Health: Aging Network Partnerships. To Address Medication, Alcohol, and Mental Health Problems.** DHHS Pub. No. SMA0203628, 3/1/02, 124 p. This publication provides profiles of promising practices among 15 organizations that link supportive services for older adults with mental health services and/or services that address medication and alcohol misuse or abuse. Four sections: (1) education and prevention, (2) outreach, (3) screening, referral, intervention and treatment, and (4) service improvements through coalitions and teams.

***Promoting Physical Activity: A Guide For Community Action.** DHHS, 1999. 386 p. User-friendly guide includes: ideas for promoting physical activity in your community, workplace, school, or healthcare facility. Also gives helpful hints on how to create a positive

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Redesigning the Infrastructure: To Build A Healthier Future; Comprehensive School Health. SEE: *School Health Education*.

✓ ***Reducing Firearm Injury and Death: A Public Health Sourcebook on Guns.** T. Karlson, 1997, 172 p. The authors, experts in public health and injury control, explain how changes in the design, technology, and marketing of firearms can lead to reductions in the number of injuries and fatalities. The book teaches basic facts about guns and gun injuries, and by reframing the problem of firearms as a public health issue, offers hope for saving lives.

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***Report of Ranked Environmental Risks in New Hampshire.** 2nd Ed. K. Harnett, C. Foss, ed. 9/02, spiral bound. Report from the New Hampshire Comparative Risk Project, Public Advisory Group that identified environmental risks to air, water and land.

✓ ***Report on Survey of NH Adults Concerning Behavioral Risk Factors, 1987-1991.** NH Bureau of Statistics. Spiral bound, 96 p.

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✓ ***Sentinel for Health : A History of the Centers for Disease Control.** Elizabeth W. Etheridge. 1992. 414 p. Drawing on hundreds of interviews and source documents, the author recreates the vital decision-making incidents that shaped both the growth of this institution as well as the state of public health in this country for the last five decades.

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✓ **Substance Abuse: The Nation's Number One Health Problem : Key Indicators for Policy Update.** 2001
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SEE: **NH Statewide Community Youth Profile** for description of report.

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✓ **Treating Tobacco Use and Dependence.** Michael C. Fiore (panel chair) [et al.] 2000. 179 p.

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✓ ***Understanding Substance Abuse Prevention; Toward the 21st Century: A Primer on Effective Programs.**

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US Patterns of Mortality by County and Race: 1965-1994. CJL Murry, CM Michaud, MT McKenna...et al CDC 1998. 98 p.

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✓ **Workbook of Epidemiology. S. Norell,** 1995. 317 p. Advanced workbook and text on the planning and critical evaluation of epidemiologic studies. Includes examples and exercises drawn from studies published in international journals.

INJURY PREVENTION

Key to Abbreviations

DHHS	U.S. Dept. of Health and Human Services
NIH	National Institutes of Health
*	These items are new to the listing this year.

Related Library Section (s)

General Health Promotion Planning, Older Adults, School Health Education, Worksite.

Applications Manual for the Revised NIOSH Lifting Equation 1/94, Pub.No. 94-110

* **Best Practices of Youth Violence Prevention: A sourcebook for Community Action.** CDC, 216 p. Best Practices is the first of its kind to look at the effectiveness of specific violence prevention practices in four key areas: parents and families; home visiting; social and conflict resolution skills; and mentoring.

Efforts to Increase Smoke Detector Use in U.S. Households. 1996. 109 p.

* **F.A.C.T. First Aid for Children Today.** SEE: *School Health Education*

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✓ ***Getting the Lead Out: The Complete Resource on How to Prevent and Cope With Lead**

Poisoning. I Kessel and J. O'Connor, 1997, 272 p. This book provides a comprehensive coverage of the major sources of lead in the home and the environment. It gives techniques for controlling lead hazards, and offers parents and homeowners advice on where to turn if their child or home is found to have high lead levels.

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✓ **How to Prevent Falls: A Comprehensive Guide to Better Balance.** SEE: *Fitness*

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✓ **The Injury Fact Book 2001-2002.** National Center for Injury Prevention and Control ; Centers for Disease Control and Prevention. 129 p.

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✓ **Lead Paint Safety: A Field Guide for Painting, Home Maintenance, and Renovation work.** USDHUD. 1999. Spiral Binding 80 p.

Major Causes of Unintentional Injuries Among Older Persons: An Annotated Bibliography. 1996. CDC. 59 p.

National Bicycling and Walking Study. U.S. Department of Transportation, 1994, 83 p. This report outlines the department's goals set forth in 1994: double the percentage of trips made by bicycling and walking, from 7.9 percent to 15.8 percent; and reduce by 10 percent the number of fatalities and injuries by pedestrians and bicyclists in traffic crashes.

✓ **National Strategy for Suicide Prevention: Goals and Objectives for Action.** 2001. 204p.

The Neck-Arm-Hand Book: The Master Guide for Eliminating Cumulative Trauma Disorders from

the Workplace. Lauren Andrew Hebert, PT. 1989, 47p.

Prevention of Motor Vehicle-Related Injuries: A Compendium of Articles From the Morbidity and Mortality Weekly Report, 1985-1996. CDC. 1997. 322p.

✓ ***Reducing Firearm Injury and Death: A Public Health Sourcebook on Guns.** T. Carlson, S. Hargarten, 8/97, 224 p. Sourcebook on how guns work, how they cause injury, and on strategies based on the public health perspective for change. A good introduction to the subject for advocates, educators, health care workers, and concerned citizens.

Report of the Secretary's Task Force on Youth Suicide, U.S. Dept. Health and Human Svcs., 1989.

Working to Prevent and Control Injury in the United States: Fact Book For the Year 2000.

The Second World Conference On Injury Control; Proceedings of the Plenary Sessions, Atlanta, Georgia. May 20 through May 23, 1993. 221 p.

Scientific Approach to the Assessment and Management of Activity-Related Spinal Disorders. *Spine*, Vol. 12, No. 7S, 1987.

TB Respiratory Protection Program in Health Care Facilities, Administrator's Guide. NIOSH. USDHHS.CDC.

Trends in Teenage Suicide and Homicide.

✓ **Understanding and Preventing Violence.** SEE: *Violence*.

✓ ***Violence in America: A Public Health Approach.** SEE: *Violence*

Working to Prevent and Control Injury.

NUTRITION

Key to Abbreviations

ADA	American Dietetic Association
CNI	Community Nutrition Institute
DHHS	U.S. Dept. of Health and Human Services
NIH	National Institutes of Health
NRC	National Research Council
SNE	Society for Nutrition Education
USDA	U.S. Dept. of Agriculture
*	These items are new to the listing this year.

Related Library Section (s):

Cancer, Cardiovascular, Categorical Diseases, Diabetes, Fitness, Older Adults, School Health Education, Worksite.

AHA Dietary Guidelines Revision 2000: A Statement for Healthcare Professionals From the Nutrition Committee of the American Heart Association. AHA 2002. 15 p. R. Krauss, et al. This document presents guidelines for reducing the risk of cardiovascular disease by dietary and other lifestyle practices. These revised guidelines place increased emphasis on foods and an overall eating pattern and the need for all Americans to achieve and maintain a healthy body weight.

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✓ **American Dietetic Association's Complete Food & Nutrition Guide.** Duyff, Larson, Roberta, Chronimed Publishing, 1996.

✓ **American Heart Association Low-Fat, Low-Cholesterol Cookbook.** S. Grundy and M. Winston, Ed., 1989.

✓ **The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in the Diet.** R. Starke and M. Winston, Ed., 1990.

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Blender-Full, High Protein, High Calorie Recipes. Los Angeles District, California Dietetic Assn., 1985.

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California Dietary Practices Survey of Children, Ages 9 to 11 Years: Focus on Fruits and Vegetables; Key Findings. California Dept. of Health Services and California Public Health Foundation, 1994.

Calories and Weight: The USDA Pocket Guide. USDA, 1990.

Causes and Health Consequences of Obesity Children and Adolescents.

Centers for Disease Control and Prevention, 1998.

✓ **Celebrate: Healthy Entertaining for Any Occasion.** ACS, 2001. 264 p.

Combines festive, fun theme menus with manageable recipes that don't sacrifice taste.

Celebrate National 5 A Day Week 2000, September 10-17, 2002 "Fruits and Vegetables by Popular Demand," NCI, 2002.

Celebrating Diversity: Approaching Families Through Their Food. D.D. Eliades and C.W. Sutor, no date.

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Check For Your 6 Kit. Kansas LEAN, Kansas Dept. of Health & Environment, 1993.

Cholesterol in Children: Healthy Eating Is a Family Affair (Parent's Guide). NIH # 92-3099, National Heart, Lung, and Blood Institute, 1992. 52 p.

A Collection of CDC Documents: Healthy and Physical Activity in Schools and Communities.

Commodity Supplemental Food Program Cookbook. WIC Nutrition Services, 1991.

Community Action Nutrition Kit. For use with grades 3-6. Developed by the Cooperative Extension Service, 9/96.

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✓ **Cooking Without Your Salt Shaker.** American Heart Association, 1978.

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✓ **Creative Quantity Cooking.** N.J. McCormack, 1989.

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✓ ***Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating.** W. Willet, P. Skerrett, and E. Giovannucci, 2001, 299 p.

✓ ***Eat Smart, Play Hard.** SEE: *School Health Education*

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✓ **Eating the alphabet : Fruits and Vegetables from A to Z .** Lois Ehlert. 1989. 34 p.

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✓ **Endurance Sports Nutrition.** Suzanne Girard Eberle. 2000. 286 p.

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✓ ***Fat Land: How Americans Became the Fattest People in the World.** G. Critser, 2003. 232 p. this book highlights the groundbreaking research that implicates cheap fats and sugars as the alarming new metabolic factor making our calories stick and shows how and why children are too often the chief metabolic victims of such foods.

52 Cafeteria Promotions That Really Work. R.F. Underwood, 1988.

✓ ***Fit Kids: Raising Physically and Emotionally Strong Kids With Real Food.** E. Behan, 2001, 311 p. A guide to food and nutrition that gives parents help with handling childhood obesity and provides a sensible, step-by-step diet and activity plan so kids can lose weight safely, boost self-esteem and strengthen family ties.

✓ ***Five A Day: The Better Health Cookbook.** E. Pivonka, 2002, 249 p. One hundred and fifty fruit and vegetable recipes created by the 5 A Day for Better Health program.

***5 A Day Activity and Coloring Books for Ages 2 – 11.** A collection of 7 titles from the Produce for Better Health Foundation: There's a Rainbow on My Plate", Activity Sheets, Track Your 5 A Day, Coloring Pages, Fun Links, Recipes Tips, and The Produce Patch.

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5 A Day Focus Group Executive Summary. NIH, April, 2001.

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5 A Day for Better Health NCI Media Campaign Strategy. National Cancer Institute, 1993.

*** 5 A Day For Better Health Program Monograph.** NIH Pub. 01-5019, 9/01. 202 pages. NCI profiles a decade of public health research activities of the 5 A Day Program.

Five A Day For Better Health Program Composite Report of State Evaluation Data/Performance Measures For the 5 A Day For Better Health Program and Fruit and Vegetable Consumption. National Cancer Institute Pub. No. 1-PC 55080, 9/29/00.

5 A Day Grantees Common Research Questions. 1994.

5 A Day International Symposium Proceedings. G Stables and M Farrell, Ed., 2000. 86 pages. Information from the conference covers common program themes including public-private partnerships and measuring changes in fruit and vegetable consumption.

5 A Day Live. Dole Food Company, Inc., 1998.

5 A Day Program: Recipes and Food Demonstration Guidelines. Produce for Better Health Foundation in cooperation with the National Cancer Institute.

5 A Day Promotions. Produce for Better Health 1993,1994.

5 A Day Quantity Recipe Cookbook.

NH Dept of Education, NH DHHS, and New Hampshire 5 A Day for Better Health, 12/03. M. Fitterman, C. White. This collection is designed to help school food service professionals integrate appealing nutritional options into the lunch line. Also includes recipes for healthy family-sized meals, 37 standardized recipes for 25, 50 and 100, plus ready-to-copy family sized recipes. Resources for nutrition education, HACCP information and a student feedback form are also included.

5 A Day Restaurant Workshop.

Rhode Island Dept. of Health, 1994.

5 A Day Retail Orientation

Handbook. Produce for Better Health Foundation, no date. Contains materials devoted to reaching consumers and increasing sales of fruits and vegetables. Includes: marketing program, cross-promotional ideas, guidelines on logo signage and use, and consumer tips.

5 A Day Supermarket Tours and

Adopt-A-School Programs: Guide for Retailers. Dole, no date.

5 A Day Week Handbook (Sept. 12-18, 1993). Produce for Better Health Foundation, 1993.

5 A Day Week Handbook (Sept. 11-17, 1994). Produce for Better Health Foundation, 1994. 3 ring binder. PBH #108.

5 A Day Week-'97 Community Resource Kit, National Cancer Institute, 1997.

5 A Day Week Kit 1996. National Cancer Institute, 1996.

5 Plus 5: A Step by Step Approach to Developing Community Based Nutrition/Physical Programs. SEE: *Fitness.*

Focus Groups With Caucasian, African American, and Latino Target Audiences to Freshen the 5 A Day for Better Health Program Message.

NCI/NIH, 7/01, 124 p. Final Report w/ slide handouts (10/2/01) on the study of 110 members of the 5 A Day target audience. Objectives of the study included:

- identifying topics to “freshen” the 5 A Day message
- ways to update NCI’s knowledge of audience awareness, attitudes, and behaviors about nutrition and chronic disease prevention
- methods to appeal to target audiences through new concepts.

Focus Group With African Americans on Nutrition and Cancer. NIH, National Cancer Institute, 1995.

Food Allergies. Dobler, Merri Lou/American Dietetic Association, 1991.

***Food and Nutrition Resources for Homeless Shelters, Soup Kitchens, and Food Banks.** USDA, 9/98.

Educational materials for staff and volunteers.

Food, Family & Fun; A Seasonal Guide to Healthy Eating. USDA, Food & Consumer Service, 1996.

Food Counts in the African American Community: Chartbook 2001. E. Harris and Y. Bronner, 2001. 115 p. The Chartbook highlights food and nutrition

information with charts and graphs
showing the diet of African Americans.

Food for Health Cooking Demo Kit.
Food for Health, 1998.

**Food, Nutrition and the Prevention of
Cancer: a Global Perspective.** See
Cancer

✓ **Food Pyramid Bingo.** Smartpicks,
Inc., 1996. SEE: *AV Catalog*

**Food Guide Pyramid: A Collection of
Brochures and Leaflets.** U.S. Dept. of
Agriculture, 1992.

Food, Physical Activity & Fun: What
Kids Think 1995. SEE: *Fitness*.

Food Pyramid Lessons & Activities. L.
Manahan, 1999, 85 p.

**Food Safety From Farm to Table: A
National Food-Safety Initiative/U.S.**
Environmental Protection Agency, 1997.

The Food Sensitivity Series. ADA
Food Allergies, A Resource
Including Recipes 1991
Gluten Intolerance, A Resource
Including Recipes. 1996
Lactose Intolerance, A Resource
Including Recipes, 1991

***Foodservice 5 A Day Quantity
Recipes.** 13 p.

***4-H Garden Program: Vegetable and
Flower.** Hillsboro County, 1997.

**From Brainy to Zany Kids Activity
Book.** Try Foods International., 1997.

Fruit and Veg-A-Thon: NCI Polyp
Prevention Trial. S. Daston, 1996.

**Fruits and Vegetables: Enhanced
Federal Efforts to Increase
Consumption Could Yield Health
Benefits for Americans.** U.S. General
Accounting Office, 725//02, GAO #-02-
657. 61 p.

**Fun With Fruits & Vegetables (Kids
Cookbook).** Dole Food Co., 1994.

Get Clued in to Fruits and Vegetables.
Maryland WIC 5 A Day Promotion
Program, no date. Includes coloring,
puzzle-game sheets, recipes, healthy
eating tips, and activities for children
and parents.

**Get Fit With 5. National 5 A Day
Week Sept. 12-18, 1999.** Produce for
Better Health Foundation, 1999.

Get Fit With 5 Goes to Work. DHHS
& Healthtrust, 11/01. Ten-week
worksite health promotion program.
Includes marketing materials, incentive
and sponsorship ideas, programming
resources evaluation materials and
educational materials.

Get Fresh Get 5. NH DHHS/Bureau of
WIC Nutrition Svcs., 2001. 91 p.
Recipes for fruits and vegetables from
the NH Farmers' Market Nutrition
Program

***Give Me 5 A Day!** K. Reeves, 9/03.
Florida Dept. of Health, 28 p. Illustrated
storybook designed to teach elementary
children to eat five fruits and vegetables
each day.

Give Me 5: Making an Impact on
Health Through Good Nutrition.
Missouri Dept. of Health, 1994.

Go Glow Grow. USDA, 4/96. 22 p.
Team Nutrition activity booklet
designed for parents to do with young
children .

Gluten Intolerance. Dobler, Merri Lou,
MS, RD/American Dietetic Association,
1996.

✓ **Great Food for Great Numbers.** H.
Dawson, 1991.

✓ **Growing Vegetable Soup. (Also in
Spanish)** Written and Illustrated by Lois
Ehlert. 1987.32 p.

**Guidelines for Comprehensive
Programs to Promote Healthy Eating
and Physical Activity.** S. Gregory, ed.,
2002 . Developed by the state Nutrition
and Physical Activity Work Group
(NUPAWG) with assistance from the
CDC Division of Nutrition and Physical
Activity (CDC-DNPA), this book shows
how to create or improve your own
nutrition, physical activity, and obesity
control programs.

**Guidelines & Quick Ideas for
Effective Food Demonstrations.**
Produce for Better Health Foundation in
Cooperation with the National Cancer
Institute. 10/91

**Guidelines for School Health
Programs to Promote Lifelong Health
Eating.** . *MMWR*, Vol. 45 No. RR-9,
1998.

A Harvest of Fresh Ideas. NH Div. of
Public Health Services, Bureau of WIC
Nutrition Services, 1996.

***The Health Benefits of Fruits and
Vegetables – A Scientific Overview for
Health Professionals,** Produce for Better

Health Foundation, 2002. A review of
the literature from 1999 to 2001.

***Healthy Choices: A Guide For
Designing School-Based Nutrition &
Physical Activity Programs.** Mass.
Dept of Ed., 1995. 70-p. Assessment tool
that measures HC development process
in each school, staff competence in
implementing the program, feed back
from participants and staff, and the
number of students the program reaches.

✓ **Healthy Choices for Kids
Classroom Cookbook.** Growers of
Washington State Apples, no date5, 66
p.

Healthy Eating and Physical Activity:
Focus Group Research With
Contemplators and Preparers; Executive
Summary. Westat, Inc., 1995.

Healthy Eating for Hispanics. NCI,
1995.

Healthy Eating Index 1994-96. USDA,
July 1998.

**Healthy Latino Recipes: Made With
Love.** California Dept. of Health
Svcs./Public Health Institute, 1999. 32
pg. Spiral bound. Quick, easy, and tasty
ways to prepare traditional Latino
recipes that are low in fat and sodium.

Healthy Menu Program Kit. DHHS,
Public Health Service, 1993.

Healthy School Meals...Healthy Kids!
A Leadership Guide for School
Decision-Makers. United States Dept.
of Agriculture Food and Consumer
Services, May 1997.

Heart Health . . . Your Choice (Ages 11-14). NIH #92-3101, National Heart, Lung and Blood Institute, 1992. 38 p

Hearty Habits: Don't Eat Your Heart Out (Ages 15-18). NIH #93-3102, National Heart, Lung and Blood Institute, 1993. 57 p.

Helping Your Overweight Child. U.S. Dept. of Health and Human Services, 1/97. 14 p. NIH booklet shows how you can help children learn healthy eating and physical activity habits.

Hop-A-Lot: The Healthy Habits Rabbit. Reproducible Coloring Book. D. Warren, 1998. Stresses the importance of healthy food, drink, and attitude choices.

How to Help Your Patients Improve Their Eating Habits: Nutrition in Primary Care. NCI Pub. No. 94-3855.

Insights into Fruit and Vegetables Consumption: A Summary of Recent Findings for Planning the 5 A Day Program. K. Loughrey, et al., 1992.

Join the Fruit & Vegetable Party Activity Book. L. Manahan, 2000, 72 p.

Kansas Lean 5 A Day in Schools. Kansas Dept. of Health & Environment, 1996.

Kansas Lean 5 A Day Program: Recipes & Purchasing Guide for Fruits & Vegetables. Kansas Dept. of Health & Environment, 1996.

***Kid's Book About Health Bones.** Medical Information Group, 1977. SEE: Categorical Diseases

Kid's Cookbook (American Heart Association). M. Winston, Ed., 1993.

Kids. . .Get Cookin'! Calif. 5 A Day Campaign, 1995.

Kids. . .Get Cookin'! Calif. 5 A Day Campaign, 2000. New stars, new recipes.

Kids. . .Get Cookin'! All-Star Fast and fun Recipes, 2000. California 5 A Day.

Label Facts for Healthful Eating Kit. National Food Processors Association in cooperation with FDA and FSIS, 1993.

Lactose Intolerance. Dobler, Merri Lou/American Dietetic Association, 1991.

The Leading Edge in Nutrition Enhancing Practice. *Journal of the American Dietetic Association*, Supplement, Vol. 87 No. 9, Sept. 1987.

The Link Between Nutrition and Cognitive Development in Children. Tufts University School of Nutrition, 1994.

Liquid Candy: How Soft Drinks are Harming Americans' Health. M. Jacobson, 1998. 13 p. This study from Center for Science in the Public Interest documents the many health issues related to consumption of soft drinks. Topics include: amount of soft drinks substituted for milk and other drinks, obesity, tooth decay, caffeine content, and advertising by soft-drink companies.

Low Cost Meals for Two Weeks: Shopping Instructions and Menus. UNH Cooperative Extension, 1990.

Making Healthy Food Choices. Home and Garden Bulletin No. 250. USDA, 1993.

The Market Basket. Maine WIC Program. 76 pages. A guide for choosing, storing and using fresh fruits & vegetables recommended in the 5 A Day program from farmers' markets.

Meals for Many. A.C. Burkart, and Rutgers Cooperative Extension, 1989.

Meeting Well: A Tool For Planning Healthy Meetings and Events. ACS, 2001. Guidebook includes: general tips for meals and snacks, meetings at the office, potlucks, action-packed meetings, meeting with the caterer, and special events.

✓ **A Menu Planner for Healthy School Meals.** USDA, 1998. 270 p. Eight chapters covering topics from meeting nutrition goals to marketing your product. Also includes appendix: Major Features of Food-Based Menu Planning, Major Features of Nutrient-Based Menu Planning, Resource Materials, Grains/Breads Instructions, The USDA Child Nutrition Labeling Program, Foods of Minimal Nutritional Value, Milk Requirement for School Lunch, A Look at Major Nutrients, and How to Evaluate a Supplier of Value-added Produce.

The Michigan Team Nutrition Booklist: An Annotated List of Over 300 Children's Books. Michigan State University Extension, 2002. 106 p. For ages K-3, this booklist has positive food and physical activity messages. Packet also includes suggestions for using the books in nutrition education.

Minority Health Brochures: Nutrition, Cardiovascular, Smoking, Physical Activity (bilingual - Sp. and Eng.). NIH, NHLBI, 1996.

Mobilizing a Minority Community to Reduce Risk Factors for Cardiovascular Disease: An Exercise Nutrition Handbook. SEE: *General Health Promotion Planning*.

Moving Towards a Plant-Based Diet: Menus and Recipes for Cancer Prevention. American Institute for Cancer Research, 1998.

National Cholesterol Education Program Series:

- **Cholesterol in Children:** Healthy Eating Is a Family Affair (Parent's Guide). NIH # 92-3099, National Heart, Lung, and Blood Institute, 1992. 52 p.
- **Eating With Your Heart in Mind** (Ages 7-10). NIH #92-3100, National Heart, Lung and Blood Institute, 1992. 36 p.
- **Heart Health . . . Your Choice** (Ages 11-14). NIH #92-3101, National Heart, Lung and Blood Institute, 1992. 38 p.
- **Hearty Habits:** Don't Eat Your Heart Out (Ages 15-18). NIH #93-3102, National Heart, Lung and Blood Institute, 1993. 57 p.

"National 5 A Day Week" Series:

- **Celebrate National 5 A Day Week 2000, September 10-17, 2000 "Fruits and Vegetables by Popular Demand,"** NCI, 2000.
- **5 A Day Week Handbook** (Sept. 12-18, 1993). Produce for Better Health Foundation, 1993.
- **5 A Day Week Handbook** (Sept. 11-17, 1994). Produce for

- Better Health Foundation, 1994.
- **5 A Day Week Kit 1996.** National Cancer Institute, 1996. (Two packages for this year.)
- **5 A Day Week-'97 Community Resource Kit,** National Cancer Institute, 1997.
- **Get Fit With 5.** National 5 A Day Week Sept. 12-18, 1999. Produce for Better Health Foundation, 1999.
- **Take the 5 A Day Challenge!** (Sept. 10-16, 1995). NIH, National Cancer Institute, 1995.
- **Take the 5 A Day Challenge – 5 A Day on the Go!** National 5 A Day Week Sept. 14-20, 1997. NCI, 1997.
- **Take the 5 A Day Challenge - It's the Winning Way!** National 5 A Day Week Sept. 8-14, 1996. NCI, 1996.
- **Taste a World of Variety:** Take the 5 A Day Challenge (Community Intervention Kit-5th Annual 5 A Day Week September 13-19, 1998).

National Work Group on Cancer and Literacy Interview Report. SEE: *General Health Promotion Planning*

The New Food Label: There's Something In It For Everybody. DHHS, U.S. Food and Drug Administration and International Food Information Council Foundation, 1994.

Nutrition and Physical Activity Carnival Guidebook. North Dakota Dept. of Health, 1996.

Nutrition and Your Health: Dietary Guidelines for Americans. U.S. Dept. of Agriculture, 1995.

Nutrition and Your Health: Dietary Guidelines for Americans. DHHS/ USDA, 2000. 40 p. Dietary guidelines are described in this booklet that can promote health and reduce risk of chronic disease.

Nutrition Education Can Be Fun! A Handbook for Learning/Educational Entertainment, Inc., 1996.

Nutrition Idea Book: Innovative Nutrition Education Strategies and Resources for Many Audiences and Settings. Society for Nutrition Education Foundation, 1997.

Nutrition Issues for the 21st Century: Seminar Series Proceeding for 1995 and 1996. USDA. 187 p.

Of All Things Most Yielding: Fruitful Forms in Selected Poems. Carol E. Dietrich, 1994.

1% or Less. Center for Science in the Public Interest, 1999. no pages. Overview of the The 1% Or Less campaign; a health-education program that aims to reduce the total and saturated fat consumption of communities by encouraging adults and children over 2 years to switch from drinking whole or 2% milk to 1% or fat-free (skim) milk.

Osteoporosis Resource Manual: A Guide to Osteoporosis Services in New Jersey. SEE: *Categorical Diseases.*

Personal Energy Plan: Discovering Easy Ways to Health Eating. CDC and Cooper Inst.

Physical Activity and Good Nutrition: Essential Elements for Good Health.

Centers for Disease Control and Prevention, 1998.

Popular Diets: How They Rate. Los Angeles District, California Dietetic Association, 1982.

Power Pac! Eat Smart. Play Hard. National nutrition education and promotion campaign for ages 2 –18. It is designed to convey science-based, behavior-focused and motivational messages about healthy eating and physical activity based on the Dietary Guidelines for Americans.

Promoting Nutrition and Physical Activity Through Social Marketing: Current Practices and Recommendations, Rina Alcalay, 2000. SEE: General Health Promotion Planning

✓ **Quick & Healthy Recipes and Ideas:** For People Who Say They Don't Have Time to Cook Healthy Meals. B.J. Ponichtera, 1991.

Reaching Consumers with Meaningful Health Messages: A Handbook for Nutrition and Food Communicators/The Dietary Guidelines Alliance, 1996.

Recipes and Tips for Healthy, Thrifty Meals. U.S. Dept. of Agriculture. CNPP-11. May, 2000.

Recommended Dietary Allowances, 10th Ed. NRC, 1989. [REFERENCE]

Safe Food For You and Your Family. Cody, Mildred M. Ph.D., R.D., Chronimed Publishing, 1996.

SC Fruit and Vegetable Fun Facts.

South Nutrition Council, 2001. 30-page coloring book showing 5 A Day healthy food facts.

Serving Up Success! USDA, 12/97. 44 p. Team Nutrition Days 1997 booklet features actual nutrition education activities created by schools across the country.

Show the Way to 5-A-Day: A Nutrition Resource Guide for Vermont Elementary School Teachers. Vermont Dept. of Health, 1993.

Sisters Together: Move More, Eat Better. NIH Pub. 99-3392, 5/99. 22 p. A planning guide designed to help individuals and organizations plan, promote, implement, and evaluate community health awareness programs.

Snacks 'n' Celebrations: A Collection of Nutritious Drinks, Treats and Merriment for Children and the Young-At-Heart. Oregon Dairy Council, 1989.

State of the Plate. Based on NPD's National Eating Trends data of over 2,000 households, this "state of the plate" report shares the latest information about fruit and vegetable consumption, usage, and trends through February of 2002 in America. The data is broken down into over 100 easy-to-read, full color graphs and charts over 56 pages.

✓ **Stay Young at Heart: A Heart Healthy Nutrition Education Program.** NHLBI, 1994. Includes: "Quantity Recipes and Materials for Food Service Personnel" (NIH Pub. 94-3648A), "Introductory Materials for Program Planners" (NIH Pub. 94-3648), and "Reproducible Materials and

Recipes for Consumers” (NIH Pub. 94-3648B).

Strategy Development Workshop for Public Education on Weight and Obesity, September 24-25, 1992: Summary Report. DHHS, NIH, National Heart, Lung, and Blood Institute, 1994.

Su Familia Se Merece Los Mejores Alimentos! National Cancer Institute, 1995.

The Surgeon General’s Report on Nutrition and Health. DHHS, 1988. Full Report, DHHS Pub. No. (PHS) 88-50210. [REF] - Summary and Recommendations, DHHS Pub. No. (PHS) 88-5021 [REF]

Take the 5 A Day Challenge! (Sept. 10-16, 1995). NIH, National Cancer Institute, 1995.

Take the 5 A Day Challenge – 5 A Day on the Go! National 5 A Day Week Sept. 14-20, 1997. NCI, 1997.

Take the 5 A Day Challenge - It’s the Winning Way! National 5 A Day Week Sept. 8-14, 1996. NCI, 1996.

Target Audience Focus Groups for 5 A Day Strategy Verification. National Cancer Institute, 1995.

A Taste of 5 A Day. Black Churches United for Better Health - 5 A Day, 1998. Cookbook.

Taste, Health, and the Social Meal. *Journal of Gastronomy*, Vol. 7 No. 9, Winter/Spring 1993.

Teach’em 5 A Day: 5 a Day Toolkit. UT Department of Health, 1996.

Team Nutrition Days...and Beyond: How-To Kit. USDA, 3/97. Comprehensive guide that contains information on creating activities for TN, gardening, fair activities, and publicity.

Team Nutrition “Dear Student” Reproducible Student activity sheets (8 p.) for middle and high school classroom use or as a take-home for nutrition education. USDA, 4/96.

✓ **Team Nutrition School Activity Planner.** A How-to guide for Team Nutrition School and Supporters. USDA, January 1997.

Team Up at Home: Team Nutrition Activity Booklet. USDA, 8/96. A 20-page booklet of hands-on nutrition education activities for parents to use with their school-age children.

Teen Taste Recipe Contest (5 A Day). Produce for Better Health Foundation, 1996.

Theory at a Glance: A Guide for Health Promotion Practice. National Cancer Institute, July 1995. [REF]

Traditional Foods Can Be Healthy. NIH, NCI, Pub. No. 96-3548, 1996.

Trends in the United States: Consumer Attitudes and the Supermarket. 2002. 100 p.

Understanding Benefits and Barriers to Fruit and Vegetable Consumption: Findings From Focus Groups Conducted as Part of the 5 A Day for Better Health

Program. NIH, National Cancer Institute, 1992.

Up Where We Belong...A Guide to 5 a Day for Better Health. University of North Carolina at Chapel Hill. 1998.

***USDA's Team Nutrition Calendar Companion/U.S. Department of Agriculture, 10/97.** Lesson plans, activities, recipes, food service tips, and reproducible parent info. sheets that can be used in conjunction with Team Nutrition annual events, activities and contests.

USDA's Team Nutrition Healthy Kids Activity Planner: 12 Months of Eating Tips & Activities for Kids. USDA, 1995.

The Use-It-Up Cookbook: A Guide for Minimizing Food Waste, 2nd Ed. L.C. Willand, 1979.

Using the New Food Label to Choose Healthier Foods. Food and Drug Administration, April 1994.

Vegetable Magic: A Pre-School and Kindergarten Nutrition Education Source Book. M. Palmer and A. Edmonds, 1993.

Vegetable Soup & the Fruit Bowl. D. Warren, 1996. Flip-flop two-for-one book that provides information about the health benefits of fruits and vegetables.

Vitamins, Minerals and Food Supplements. Hudnall, Marsha, M.S., R.D., Chronimed Publishing, 1996.

***Volumetrics Weight Control Plan.** Barbara Rolls, Robert Barnett. 2000, 369 p. The authors include scientific

evidence about how low-density (low-calorie, high-volume) foods make you feel satisfied, the best (and worst) foods for a satisfying, lower-calorie diet, a menu plan, an exercise plan, and environmental influences on eating.

***Watch the Colors Grow.** Alison Bonaguro. 2003. 10 p.

Weight Loss for Life. National Institute of Diabetes and Digestive and Kidney Diseases, January 1998.

Winning With the Media: A Guide for 5 A Day Week and Beyond. NCI, 1996.

What's Cooking at the Cooper Clinic. Nutrition Dept. of Cooper Clinic, 1992.

Worksite Nutrition: A Guide to Planning, Implementation, and Evaluation. American Dietetic Assn. and DHHS, 2nd Ed., 1993.

Year 2000 Dietary Guidelines: The Case for Fruits and Vegetable First. Produce for Better Health Foundation, 1999.

Your Best Body: A Story About Losing Weight. NIH, National Cancer Institute, 1994.

Yummy Designs: 5 A Day Fruit and Vegetable Joke Book and more. Yummy Designs, 1994.

Yummy Fruit & Vegetable Game. L. Manahan, 1995. SEE: *AV Catalog*

OLDER ADULTS

Key to Abbreviations

AARP American Association of Retired

	Persons
AoA	Administration on Aging
DHHS	U.S. Dept. of Health and Human Services
NIH	National Institutes of Health
*	These items are new to the listing this year.

Related Library Section (s):

Categorical Diseases, Fitness, Nutrition, Self-Care.

An Aging Society. *Journal of Allied Health*, Special Issue, Vol. 16 No. 4. American Society of Allied Health Professionals.

Alive & Hip: Exercise Program for the Older Adults. SEE: *Fitness*.

Body Recall: A Program of Physical Fitness for the Adult, 6th Ed. Rev. D.C. Chrisman, 1993. SEE: *Audiovisual Catalog*

Bound for Good Health: A Collection of Age Pages. National Institute of Aging, 1991.

Breast Cancer Screening in Older Women. *The Journals of Gerontology* Special Issue, Vol. 47, Nov. 1992.

Building Community Coalitions for the Prevention of Fires and Burns Among Older Vermonters. 1990.

Considerations for Diagnosing and Managing Asthma in the Elderly. SEE: *Categorical Disease*.

✓ **Established Populations for Epidemiologic Studies of the Elderly:**

Resource Data Book. DHHS, NIH Pub. No. 086-2443, no date.

Fire Safety, Burn Prevention, and Immediate Burn Care for Older Adults: Training the Trainers. SEE: *Professional Training*

Food Facts for Older Adults. SEE: *Nutrition*.

Growing Wiser Series. D.W. Kemper, et al., 1986:

The Older Person's Guide to Mental Wellness./ Presenter's Guide. Organization, Promotion, and Evaluation Guide.

Growing Younger Series. D.W. Kemper, et al.:

Handbook, 2nd Ed. 1981.
Handbook, 3rd Ed. 1986.
Presenter's Guide. 1982.
Organization, Promotion, and Evaluation Guide. 1982.
Healthwise for Life: Medical Self-Care for Healthy Aging. 1992.

✓ **Health Promotion and Exercise for Older Adults:** An Instructor's Guide. C.B. Lewis, 1990.

✓ **Healthwise for Life:** Medical Self-Care for Healthy Aging. M. Mettler and D.W. Kemper, 1992.

Healthy Lifestyle for Seniors: An Interdisciplinary Approach to Healthy Aging, A Program Development Manual. A. Warner-Reitz and Meals for Millions/Free-dom from Hunger Foundation, no date.

✓ **How to Prevent Falls: A Comprehensive Guide to Better Balance.** SEE: *Fitness*

Increasing Physical Activity Among Adults Age 50 and Older. 2000, 40 p. Robert Wood Johnson Foundation. This booklet describes the development of the **National Blueprint: Increasing Physical Activity Among Adults Age 50 and Older.**

Leadership Enhancement for the Active Retired: A Community Leadership Training Manual. C.M. Schultz and P. Olson, Ed., 1991.

Living Well: Taking Care of Your Health in the Middle and Later Years. J.F. Fries, 1994, 334 p.

Managing the Client With Dementia: A Resource and Training Guide for Nursing Homes and Adult Day Care Centers. SEE: *Categorical Diseases*.

Mature Stuff: Physical Activity for the Older Adult. SEE: *Fitness*.

✓ **New Hampshire's Alzheimer's Disease and Related Disorders:** Family Care Guide. SEE: *Categorical Diseases*.

***Nutrition and Your Health: Dietary Guidelines for Americans.** 5th Ed, DHHS & Agriculture, 5/30/00. SEE: *Audiovisual Catalog*

Pep Up Your Life: A Fitness Book for Mid-Life and Older Persons. SEE: *Fitness*.

Project H.E.A.L.T.H. (Helping Elders Adjust Lifestyles Toward Health): A Handbook for Health and Wellness for Those 55 and Better. Northcentral Technical College, 1991.

Project H.E.A.L.T.H.: An Instructor's Guide. R. Wrokbewski, Ed., 1992.

✓ **Psychological Distress in Aging:** A Family Management Model. D.R. Eyde and J. Rich, no date.

Resident Education and Assistance Program: A Facilitator's Guide. NH Housing Finance Authority, 1994.

Senior Center Fund-Raising: A Technical Assistance Guide for Providers of Services to the Aging. A.A. Snyder, 1993.

✓ **Seniors on the Move.** R. Rikkers, 1986.

Understanding and Caring for the Person With Alzheimer's Disease. SEE: *Categorical Diseases*.

✓ **Vitality and Aging:** Implications of the Rectangular Curve. J. Fries and L. Crapo, Stanford University, no date.

Wearing Well: Public Health Eldercare Challenges and Resources. Association of State and Territorial Health Officials and AoA, 1993.

✓ **Wellness and Health Promotion for the Elderly.** K. Dychtwald, no date.

Working Group Report on Hypertension in the Elderly. SEE: *Cardiovascular Diseases*.

Working With Older People a Guide to Practice Clinical Aspects of Aging, Vol. IV. U.S. Dept. of Health, Education, and Welfare, no date.

PARENTING

Key to Abbreviations

DHHS	U.S. Dept. of Health and Human Services
NIH	National Institutes of Health
*	These items are new to the listing this year.

Related Library Section (s):

Fitness, School Health Education.

***An Activity-Based Approach to Early Intervention.** Diane Bricker with Kristie Pretti-Fontczak and Natalya McComas. Text for undergraduate and graduate students in special education and child development. Section I details how to use the activity-based approach with children from birth to five years. Section II provides a concise history of developments in early intervention.

***Babies Born with Down Syndrome: A New Parents' Guide.** Karen Stray-Gunderson, Ed. 1995, 340 p. This book, written by a group of knowledgeable parents, doctors, nurses, educators, and lawyers, cover everything parents need to know about raising their child in an environment of love, pride, and achievement.

***Children and Teens Afraid to Eat : Helping Youth in Today's Weight-Obsessed World.** Frances M. Berg; edited by Kendra Rosencrans. 2001. 3rd. Ed. 339 p. The author extensively documents the harm done in children's lives. Berg says it is a serious health crisis when more than two-thirds of high school girls are dieting, less than half are fully nourished, one-third are smoking, and one-fifth take diet pills, all in their desperate drive to be thinner. Teenage

boys mirror these problems to a lesser extent.

Children With Asthma: A Manual of Parents, 2nd Ed. SEE: *Categorical Diseases*.

Cholesterol in Children: Healthy Eating Is a Family Affair. SEE: *Nutrition*.

***Fetal Alcohol Syndrome: A Handbook for Parents and Caregivers.** University of New Mexico Dept. of Pediatrics. 2001. 36 p. Spiral binding. This handbook defines FAS, and outlines diagnosis, characteristic behaviors, and strategies for working with a FAS child.

How to Raise Children's Self-Esteem. Harris Clemes, Reynold Bean. SEE: *School Health Education*

How to Raise Teenagers' Self-Esteem. Aminah Clark, et al. SEE: *School Health Education*

✓ ***How to Say it to Teens: Talking About the Most Important Topics of Their Lives.** Richard Heyman. 2001. 442p. Heyman covers all the topics - such as contraception, pregnancy, tattoos, curfews, sex, drugs and more - which parents mean to talk to their kids about, but often fumble around for the right way to do it.

***Raising a Child With Arthritis: A Parent's Guide.** SEE: *Categorical Diseases*

Smiling at Yourself: Educating Young Children About Stress and Self-Esteem. SEE: *School Health Education*.

✓***Taking Charge of ADHD: The Complete, Authoritative Guide for Parents.** R. Barkley, 2000. 321 p. This book is an up-to-date resource for teachers and others involved in the care and education of ADHD (Attention Deficit Hyperactivity Disorder) children, and gives a clear presentation of the scientific underpinnings of the disorder.

Team Up at Home: Team Nutrition Activity Booklet. USDA, 8/96. SEE: *Nutrition*

Tobacco Talk: Educating Young Children About Tobacco. SEE: *School Health Education*.

Your Child in the Hospital: A Practical Guide for Parents. Nancy Keene. 1997 126p. This hands-on book contains essential information on preparing your child, packing for the hospital, coping with common procedures, surgery, feelings and behavior, pain management, and how to keep family life going.

PROFESSIONAL TRAINING

(Bioterrorism, Disaster Preparedness)

Key to Abbreviations	
DHHS	U.S. Dept. of Health and Human Services
HRSA	Health Resources and Services Administration
NACHO	National Association of County and City Health Officials
USAMRIID	U.S. Army Medical Research Institute of Infectious Diseases
*	These items are new to the listing this year.

✓***Bioterrorism : Guidelines for Medical and Public Health Management.** Donald A. Henderson, Thomas V. Inglesby, Tara O'Toole. 2002. 244 p. This clinical resource provides guidelines and recommendations for the medical and public health community following a bioterrorist attack.

Bioterrorism Resources. (Various Materials). Loose-leaf binder includes: USDA Fifth Annual Emergency Preparedness – supporting materials for a 9/00 USDA satellite broadcast, fact sheets, press releases, bibliographies, readings, and resource list.

***BT PREP: A Bioterrorism Response Plan Design Guide for Local Public Health Agencies. 1st Ed. 2003. 80 p.** (NACHO). This is an interactive bioterrorism response design guide that includes templates, checklists and planning pointers to assist Local Public Health Agencies (LPHAs) in constructing comprehensive bioterrorism and emergency response plans.

***Collaborative Education to Ensure Patient Safety.** Council on Graduate Medical Education & National Advisory Council on Nurse Education and Practice. DHHS/ HRSA-Sept. 13-14, 2000.

✓***The Coming Plague: Newly Emerging Diseases in a World Out of Balance.** Laurie Garrett. 1994, 750 p. Based on international field research and extensive interviews with experts in virology, molecular biology, disease ecology and medicine, Garrett (health and science writer and former science correspondent for National Public

Radio) investigates newly identified viruses such as HIV, HIV-II and the mysterious Ebola; old viruses in new locations, such as hantavirus and dengue; and mutant strains of old diseases--and examines the relationship between the spread of disease, sociology, politics and science.

***Core Curriculum on Tuberculosis: What the Clinician Should Know.** 4th Ed. DHHS, 2000. Topics include: current TB trends, identifying those at highest risk for TB infection and disease, treatment for high-risk persons with latent TB infection, appropriate and effective treatment regimens, and use of directly observed therapy (DOT) and other adherence-promoting methods.

✓ ***Countering Agricultural Bioterrorism.** Committee on Biological Threats to Agricultural Plants and Animals, Board on Agriculture and Natural Resources, Board on Life Sciences, Division on Earth and Life Studies, National Research Council. 2003. 169 p. This book assesses the vulnerability of US agriculture to intentional threats and provides recommendations needed to strengthen and adapt the US system for defense against biological threats to agriculture.

***The Developing Person Through the Life Span.** Kathleen Berger. 1998, 695 p. The author covers all stages of human development, theory, and research.

***Disaster Management: A Guide to Issues Management and Crisis Communication.** Chris Skinner, Gary Mersham. 2002. 184 p. The authors identify the common features and

mechanisms needed to deal with a wide variety of potential disasters.

✓ ***Disaster Management and Preparedness.** Thomas D. Schneid, Larry Collins. 2001. 247 p. This book details a new and innovative method for preparing companies and organizations to address the substantial risk of disasters in the workplace. It encompasses not only the tried and true tactics used by safety experts for decades but also focuses on areas often overlooked during the reactive and post disaster phases.

***Disaster Preparedness in Schools of Public Health: A Curriculum for the New Century.** Edited by Linda Landesman. Model curriculum for schools of public health and others involved in training programs for emergency preparedness. Materials include transparencies & 13 tabbed modules in a 3 ring binder.

✓ ***Emergency Response to Hazardous Material Incidents.** EPA, 1998.

Emergency Response to Terrorism: Basic Concepts. FEMA. No date.

✓ ***Emergency Response to Terrorism Job Aid.** FEMA/Dept. of Justice, 5/00. 104 p. Spiral-bound, laminated field book is intended to support personnel trained in the ERT NFA curriculum.

✓ ***Environmental Health in Emergencies and Disasters: A Practical Guide.** Edited by B. Wisner, J. Adams. 2002. 252 p. The fundamental goals of this book are to provide program managers and field staff with a framework for thinking about and

planning for disasters and emergencies, and with an overview of the technical aspects of environmental health management.

***Field Management of Chemical Casualties Handbook.** USAMRIID, 7/00. 204 p. This handbook provides military and civilian emergency response personnel with a concise, pocket-sized reference source for the medical management of chemical casualties in a field environment. In addition to information on the various chemical agents and their emergency treatment, it also covers the set up of a medical decontamination line and detection/decontamination equipment and supplies used by the military for field medical decontamination. Also included - the history, triage, diagnosis, and treatment.

Fire Safety, Burn Prevention, and Immediate Burn Care for Older Adults: Training the Trainers. National Institute for Burn Medicine and Michigan Office of Services to the Aging, 1990.

***The Health Benefits of Fruits and Vegetables – A Scientific Overview for Health Professionals,** Produce for Better Health Foundation, 2002. SEE: *Nutrition*

✓ **Health Fitness Instructor's Handbook .** Edward T. Howley, B. Don Franks. 1997. 538 p. Covers all elements of physical activity and health, scientific foundations of physical activity, nutrition and weight management, exercise prescription, and exercise programming considerations.

✓ **The Health Professional's Guide to Diabetes and Exercise.** SEE: *Diabetes*

✓ ***Introduction to Emergency Management.** George D. Haddow, Jane A. Bullock. 2003. 275 p. This book provides the latest information of FEMA's emerging role within the Department of Homeland Security (DHS). The authors have also included a special and timely chapter on terrorism the recounts the events of September, 11, 2001, and what they mean to disaster management and emergency planning in the future.

✓ ***Introduction to Geographic Systems in Public Health.** Alan Melnick. 2002, 300 p. This work helps public health professionals gain a solid understanding of geographic information system technology, what it is, how it works, and how it shapes their careers. Using examples drawn from public health practice, the author fully explains this technological development.

✓ ***Janes' Chem-Bio Handbook.** Jane's Information Group, 2000. 298 p. Spiral-bound. Designed for emergency personnel who are first on the scene, this expert guide provides recognition information on the agents and delivery mechanisms. This is an essential guide to the critical response requirements of a chem-bio attack. Invaluable for those management checklists to ensure first responders have all the information needed to quickly and effectively contain the risk. Includes:

- On-scene procedures for emergency response personnel
- Checklists for rapid response
- Triage and casualty management
- Chemical-biological agent descriptions and effects
- Chemical-biological agent delivery systems and methods
- Management of biological casualties

- Meteorological conditions
- Chem-bio case studies

***Model Emergency Response**

Communications Plan - For Infectious Disease Outbreaks and Bioterrorist Events **ASTDHPPE May 2000. This publication** provides a framework for communications among public health officials, between health officials and other emergency response players, and directly to the public and the media.

***Osteoporosis Prevention and Treatment.** P. Stuppy, 2001.

SEE: *Categorical Diseases*

✓ ***Preparing for Terrorism: Tools for Evaluating the Metropolitan Medical Response System Program.** Frederick Manning. 2002, 310 p. This book provides three evaluation tools and a three-part assessment for the MMRS program. Includes a questionnaire survey eliciting feedback about the management of the MMRS program, a table of preparedness indicators for 23 essential response capabilities, and a set of three scenarios and related questions for group discussion.

✓ ***Principles of Emergency Planning and Management.** David Alexander. 2002. 340 p. A general introduction to the methods, procedures, protocols and strategies of emergency planning, with emphasis on situations in industrialized countries and the local level of organization (i.e. cities, municipalities, metropolitan areas and small regions), though with ample reference to national and international levels.

*** Principles of Epidemiology, An Introduction to Applied Epidemiology and Biostatistics.** Self-study Course

3030-G. 534 p. An introductory course that describes the basic techniques of epidemiology and biostatistics, methods of organizing data and evaluating surveillance, and organizing steps for an outbreak investigation.

✓ ***Public Health Issues in Disaster Preparedness: Focus on Bioterrorism.** Lloyd Novick, ed. Aspen Pub. 2000, 150 p. Includes: planning and communication elements necessary to reduce the risk to our population, technical aspects of bioterrorism agents, and mental health effects of disaster.

✓ ***Safe Food: Bacteria, Biotechnology, and Bioterrorism.** Marion Nestle. 2003. 350 p. Author of the critically acclaimed Food Politics, Marion Nestle argues that ensuring safe food involves more than washing hands or cooking food to higher temperatures. It involves politics. When it comes to food safety, billions of dollars are at stake, and industry, government, and consumers collide over issues of values, economics, and political power -- and not always in the public interest.

✓ **Structured Exercises in Stress Management: A Handbook for Trainers, Educators and Group Leaders.** Edited by Nancy Loving Tubesing, Donald A. Tubesing. 164 p. Each volume contains 36 exercises (such as icebreakers, management strategies, skill builders, etc.) ranging in length from a few minutes to several hours.

✓ ***Structured Exercises in Wellness Promotion.** Edited by Nancy Loving Tubesing and Donald A. Tubesing.

164 p. Wellness activities and games for groups, workshops, trainings, etc... Categories include icebreakers, wellness exploration, self-care strategies, action planning/closure, group energizers, and resources. Also includes editors' recommendations for activities that work well, suggested combinations of activities, an index by topic and worksheet masters.

Teaching Patients with Low Literacy Skills. SEE: *General Health Promotion Planning*

✓ ***Terrorism and Disaster Management: Preparing Healthcare Leaders for the Reality.** Edited by K. Joanne McGlown. 2004. 343 p. This resource focuses on planning and preparedness. Leaders in the fields of emergency medicine, law, and terrorism response provide guidance in the many areas such as: understanding the legal and ethical issues, achieving and maintaining local interagency cooperation, and integrating civilian and military response.

✓ ***Terrorism and Public Health: A Balanced Approach to Strengthening Systems and Protecting People.** Edited by Barry S. Levy, Victor W. Sidel. 2003. 377p. Designed to assist public health professionals and their organizations by providing up-to-date, science-based expert information on, and a systematic practical approach to, a wide range of relevant public health issues as they relate to terrorism.

*** USAMRIID'S Medical Management of Biological Casualties Handbook.** USAMRICD, 2/01, 4th Ed. 135 p. Through this handbook medical professionals will learn that effective

medical countermeasures are available against many of the bacteria, viruses, and toxins, which might be, used as biological weapons against our military forces or civilian communities.

*** USAMRIID'S Medical Management of Chemical Casualties Handbook.**

USAMRICD, 7/00, 3rd Ed. 160 p. The purpose of this handbook is to provide medical personnel in the field a concise reference source for the medical management of chemical casualties. It is not intended to be a definitive text on the management of chemical casualties.

✓ ***When Every Moment Counts: What You Need to Know About Bioterrorism From the Senate's Only Doctor.** Bill Frist. 2002. 181p. This book contains practical suggestions on preparing a disaster kit, easing children's anxieties, and handling suspicious mail, among other issues. A list of reliable web sites gives readers access to current information, and color illustrations help with the identification of anthrax and smallpox.

✓ ***Who Will Keep the Public Healthy? Educating Public Health Professionals for the 21st Century.** Kristing Gebbie, Linda Rosenstock, Lyla Hernandez, Ed. 2003, 304 p. From the Committee on Educating Public Health Professionals for the 21st Century, under the Institute of Medicine (IOM)/ The contributors examine the education of public health professionals and directs recommendations for strengthening public health education, research, and practice at schools of public health, related schools and institutions, and public health agencies.

PROGRAM EVALUATION

Key to Abbreviations

DHHS U.S. Dept. of Health and Human Services

NIH National Institutes of Health

* These items are new to the listing this year.

✓ ***Demonstrating Your Program's Worth: A Primer on Evaluation for Programs to Prevent Unintentional Injury.** Nancy J. Thompson, Helen O. McClintock. CDC, 1998. The authors demonstrate why evaluation is worth the resources and effort involved. They also show how to conduct simple evaluation, how to hire and supervise consultants for complex evaluation, and how to incorporate evaluation activities into the activities of the injury prevention program itself.

A Community Development Approach to Community Needs Assessment. Helms & Company, Inc., 1991.

✓ ***Evaluating Community Collaborations.** T. Becker, ed., 2003. 158 p. This text covers theoretical, research, and practice issues concerning the evaluation of collaborations. Includes an extensive set of evaluation forms.

***Evaluation: A Systematic Approach,** 6th ed., 1999. P. Rossi, H. Freeman, M. Lipsey. New edition of a time-tested text/reference first published in 1979, providing an introduction to the broad set of research activities essential for designing, implementing, and appraising the utility of social programs. Chapters cover diagnostic procedures, tailoring

evaluations, program monitoring, impact assessment, assessment of full-coverage programs, measuring efficiency, and the social context of evaluation.

Evaluation Series. Center for Health Promotion. Includes:

- An Evaluation Handbook for Health Education Programs in Diabetes.
- An Evaluation Handbook for Health Education Programs in Nutrition.
- An Evaluation Handbook for Health Education Programs in Smoking.
- An Evaluation Handbook for Health Education Programs in Stress Management.
- A Handbook to Evaluate Physical Fitness Programs.

Evaluating Community Efforts to Prevent Cardiovascular Disease. SB Fawcett, TF Sterling, et.al. CDC, 1995, 197 p.

***Presentations Plus: David Peoples' Proven Techniques,** 2nd Ed. 1992, D. Peoples. Advise on how to develop and deliver an effective and exciting presentation, based on the author's own success in business. This new edition includes material on how to orchestrate and deliver winning group presentations, new sample forms and checklists, and much more.

✓ **Performance Improvement in Ambulatory Care.** 1997. 212 p An overview of the Joint Commission's framework for performance improvement. The central chapters discuss the four-phase cycle for improvement: design, measurement, assessment, and improvement activities.

Program Evaluation Handbook:
Diabetes Education. SEE: *Diabetes*.

✓ **Quality Improvement in Ambulatory Care.** 1994. 199 p.

***School Business.** SEE: *School Health Education*.

***School Health Index – Elementary, Middle & High School.** CDC, 2/00
SEE: *School Health Education*

SCHOOL HEALTH EDUCATION

Key to Abbreviations

AAHPERD	Am. Alliance of Health, Physical Education, Recreation & Dance
ASTDHPPE	Association of State and Territorial Directors of Health Promotion and Public Health Education
CDC	Centers for Disease Control
DHHS	U.S. Dept. of Health and Human Services
NIH	National Institutes of Health
*	These items are new to the listing this year.

Related Library Section(s):
Fitness, Nutrition, Parenting, Tobacco, Violence.

*** Act Smart: HIV/Education Curriculum.** American Red Cross, 9/95, 115 p. The Act SMART kit provides all of the teaching aids, resources, and handouts you need to facilitate Act SMART for any or all of the three age groups. Age-appropriate scenarios, case studies, and activities for groups are all contained in one package. A colorful poster from the American

Red Cross First Aid for Children Today program visually reinforces the curriculum content for the youngest age group.

All About Apples: Classroom Activities & Resources. SEE: *Nutrition*.

Americans For a Drug-Free America. N.C. Stacy, Ed., 1991.

The Answer Is At School: Bringing Health Care to Our Students. School-Based Adolescent Health Care Program, 1993.

Building Infrastructure for Comprehensive School Health Programs, First Annual National School Health Conference Proceedings, 1993. DHHS, 1993.

Bully Proof : A Teacher's Guide on Teasing and Bullying for Use With Fourth and Fifth Grade Students. SEE: *Violence*.

Bullying and Sexual Harassment in Elementary Schools: It's Not Just Kids Kissing Kids. Center for Research on Women, 1997. Working Papers SEE: *Violence*.

Check Your 6 Kit (6-11 servings per day of grains). SEE: *Nutrition*.

✓ **Comprehensive School Health Education and Coalition Building Resource Guide.** National School Health Education Coalition, 1994.

Comprehensive School Health Manual. Massachusetts Dept. of Public Health, 1995.

Comprehensive School Health Programs; *Journal of School Health* Topical Packages 1984-1995. American School Health Assn., 1996.

The Comprehensive School Health Sourcebook. D. Lloyd-Kolkin and L. Hunter, 1990.

Creating an Agenda for School-Based Health Promotion: A Review of Selected Reports. A.T. Lavin and others, 1992.

Eat the Five Food Group Way! (Teacher Guide). SEE: *Nutrition*.

***Eat Smart, Play Hard.** USDA campaign for nutrition and physical fitness kit includes: posters, parent brochures, kid's activity sheets, bookmarks, camera-ready slicks, drop-in articles, and stickers.

Eating With Your Heart in Mind (Ages 7-10). SEE: *Nutrition*.

Evaluating the Effects of School Health Interventions on School Performance: Design Report. B. Devaney, et al., 1993.

*** F.A.C.T. First Aid for Children Today.** American Red Cross, 6/92. Includes Leader's Guide (165 p.), sample Fun Book (39 p.), lesson, poster set and brochure. Six lessons on first aid, healthy living habits, personal safety, injury prevention, road safety, and health for the environment.

✓ **Flirting or Hurting? :A Teacher's Guide on Student-to-Student Sexual Harassment in School-Grades 6 through 12).** SEE: *Violence*

Guidelines for School Health Programs to Prevent Tobacco Use and Addiction. SEE: *Tobacco*.

Health is Academic. Boyer, Ernest, Teachers College Press, 1998.

Healthy Bones. SEE *Categorical Diseases*

Healthy Choices for Kids. SEE: *Nutrition*.

Healthy Schools Healthy Futures: The Case for Improving School Environment. A.C. Henderson, 1993.

Heart Health...Your Choice (Ages 11-14). SEE: *Nutrition Listing*.

How to Raise Children's Self-Esteem. Harris Clemes, Reynold Bean. 1980, 77 p. The authors emphasize the importance of specific way to relate to children that build a sense of connectedness - such as: praising positive behavior, sharing your interest, and acknowledging their special needs and interests.

How to Raise Teenagers' Self-Esteem. Aminah Clark, et al. 1980, 93 p.

Ideas for Action: Award Winning Approaches to Physical Activity. SEE: *Fitness*.

*** Into Adolescence: Choosing Abstinence.** ETR Associates, 1989. 87 p. with companion student workbooks; **Choosing Abstinence and Coping With Sexual Pressure.** The curriculum is comprised of 14 lessons dealing with all aspects of AIDS, including how to find accurate information, how to distinguish between facts and myths, diseases in

general, epidemics, immune systems, other sexually transmitted diseases, transmissible symptoms, and social issues.

Kid's Book About Healthy Bones.
SEE: *Categorical Diseases*

***Kids Walk to School:** A Guide to Promote Walking to School.
SEE: *Fitness*

Making the Grade: A Guide to School Drug Prevention Programs. Drug Strategies, no date.

Managing Asthma: A Guide for Schools. SEE: *Categorical Diseases*.

Managing Allergies and Asthma at School; Tips for Schoolteachers and Staff. SEE: *Categorical Diseases*.

A Matter of Time: Risk and Opportunity in the Out-of-School Hours; Recommendations for Strengthening Community Programs for Youth. Carnegie Council on Adolescent Development, 1994.

✓ **Moving Into the Future. National Standards for Physical Education; A Guide to Content and Assessment.** The National Association for Sport and Physical Education (NASPE). 1995, 125 p. This guide establishes content standards for the physical education for K – 12 school programs that clearly identify consensus statements related to what students should know and be able to do as a result of a quality physical education program.

National Health Education Standards: Achieving Health Literacy. Joint

Committee on National Health Education Standards, 1995.

NH Adolescent Health Task Force Report. SEE: *General Health Promotion Planning*.

NH Agriculture in the Classroom: Resource Guide. SEE: *Nutrition*

***New Hampshire Physical Best Testing Project Summary Report.** L. McCormack, 1995. 19 p.

NH Youth Risk Behavior Survey Report. NH Dept. of Education, 1993.

***New Hampshire Tobacco Data, 2001.** NH DHHS, Bureau of Health Statistics and Data Management. 54 p.

1990 Youth Risk Behavior Surveillance System. Chronic Disease and Health Promotion reprints form MMWR, 1990.

Our Children, Our Health, Our Future: Analysis and Recommendations for Health Education in Missouri. 1990.

✓ **Personal and Social Skills:** Understanding and Integrating Competencies Across Health Content. J.V. Fetro, ETR Associates, 1992. The goal of this curriculum guide is to provide an understanding of four personal and social skills, which are decision making, communication, stress management, and goal setting and provide ideas on how these life skills can be integrated across all health content areas. Suitable audience: grade 6-12.

PIPS: Public Information for Program Support. NH AAHPERD and Eastern District Assn./AAHPERD, no date.

***Power Pac! Eat Smart. Play Hard.**
SEE: *Nutrition*

Prudential Fitnessgram. Cooper Institute for Aerobics Research.
Computer Reference Manual, 1993.
Technical Reference Manual, 1994.
Test Administration Manual, 1992.

Risk and Responsibility: Teaching Sex Education in America's Schools Today. Alan Guttmacher Institute, 1989...

Safe Dates. V. Foshee, S. Langwick, CDC 1999. This SAMHSA model program is designed to stop or prevent the initiation of psychological, physical, and sexual abuse on dates or between individuals involved in a dating relationship. It's intended for male and female middle and high school students 12 to 18 years of age. All program materials, including reproducible student handouts, are included in the Safe Dates binder.

✓ **The 7 Habits of Highly Effective Teens: The Ultimate Teenage Success Guide.** Sean Covey. 1998. 268 p. The author provides a step-by-step guide to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and get along with their parents.

***School Business.** This resource kit can help educate professionals in the fields of chronic disease, health promotion, and education regarding current coordinated school health program resources, specifically as they relate to

physical activity, nutrition, and tobacco use among youth. Included in kit:

- School Health Program Guidelines (for physical activity, nutrition, and tobacco)
- School Health Index
- School Health Policies and Programs Study, Journal of School Health Supplement
- School Health Starter Kit
- Fit, Healthy and Ready to Learn: A School Health Policy Guide
- Building Business Support for School Health Programs: An Action Guide
- Improving School Health: A Guide to School Health Councils

School Health: Policy and Practice, 5th Ed. P.R. Nader, Ed., 1993.

***School Health Index – Elementary, Middle & High School.** CDC, 2/04. New edition (last was 2/00). Resource to measure the effectiveness of physical education programs that involves teachers, parents, students, and the community in improving school services.

Schools Face the Challenge of "AIDS": A Manual. . ., 1990.

Science and Health Experiments and Demonstrations in Smoking Education. SEE: *Tobacco*

✓ **Sexual Harassment and Teens: A Program For Positive Change; Case Studies, Activities, Questionnaires, Laws, Guidelines, Policies, Procedures, Resources, and More.** Susan Strauss with Pamela Espeland. 1992. 149 p.

Sexual Violence in Teenage Lives: A Prevention Curriculum. SEE: *Violence*.

Smiling at Yourself: Educating Young Children About Stress and Self-Esteem. A.N. Mendler, 1990.

Smoke-Free Class of 2000 - School Kit 1988. SEE: *Tobacco*.

The Spittin' Image: A Smokeless Tobacco Teaching Guide, Grades 4-7. Indiana State Board of Education, 1987.

Sport and Physical Education Advocacy Kit. National Assn. for Sport and Physical Education (NASPE), 1994.

Step by Step to Comprehensive School Health: The Program Planning Guide. W.M. Kane, 1993.

Step by Step to Substance Use Prevention: The Planning Guide to School-Base Programs. J.V. Fetro, 1991.

Substance Abuse: Early Intervention for Adolescents. M. Klitzner et al., 1993.

Taking Action to Prevent Adolescent Violence: Educational Resource for School and Community Organizations. SEE: *Violence*.

Teaching Strategies for Improving Youth Fitness, 2nd Ed. R.P. Pangrazi and C.B. Corbin, 1994.

***Team Nutrition "Dear Student" Reproducible** SEE: *Nutrition*

***Team Nutrition School Activity Planner.** A How-to guide for Team

Nutrition School and Supporters. SEE: *Nutrition*

Thinking Ahead: Preparing for Controversy. I.M. Newman and K.A. Farrell, 1991.

***Tobacco Control Country Profiles: The 11th World Conference on Tobacco or Health.** M. Carrao, et al. American Cancer Society, 2000. p. 508. This report documents the tobacco pandemic in 197 countries and territories. The six category profiles include: sociodemographics, smoking prevalence, and tobacco economy.

Tobacco Talk: Educating Young Children About Tobacco. C. D'Onofrio, 1991.

Tobacco Use Prevention/Cessation Pilot Project in Corpus Christi and Galveston Middle Schools. Texas Dept. of Health, no date. SEE: *Tobacco*

Turning Points: Preparing American Youth for the 21st Century--The Report of the Task Force on Education of Young Adolescent. 1989.

Walking Wellness: The Totally Balanced Curriculum. R.J. Sweetgall, 1986. Student Workbook/Teacher's Guide.

Wellness Perspectives: Research Theory and Practice. Vol. 7 No. 2, Winter 1990.

✓ **When Sex is the Subject: Attitudes and Answers For Young Children: Suggestions For Teachers, Parents, and Other Care Providers of Children To Age 10.** Pamela M. Wilson. 1991. 101p. This book shows teachers, parents

and other caregivers how to use this "music" to discuss sexuality with sensitivity, comfort and confidence. Provides age-appropriate answers to children's common sexuality questions.

You Stay Active: A Comprehensive Recognition System That Encourages Regular Physical Activity. AAHPERD and The Cooper Institute for Aerobics Research, 1995.

Youth and Drugs: Society's Mixed Messages. DHHS, Pub. No. (ADM) 90-1689, 1990.

Youth Suicide Prevention Programs: A Resource Guide. CDC, 1992.

SELF-CARE

Key to Abbreviations

DHHS	U.S. Dept. of Health and Human Services
NCI	National Cancer Institute
NIH	National Institutes of Health
*	These items are new to the list this year.

Related Library Section(s):

Fitness, Older Adults, Tobacco.

✓ ***Disease Handbook for Child Care Providers.** NHDSS. 1996, 108 p.

✓ **Dr. Susan Love's Hormone Book : Making Informed Choices About menopause.** Susan M. Love, with Karen Lindsey. 1997, 362 p. Love provides an intimate insider's look at menopause. At the core of this well-organized and clearly written book is an in-depth discussion of the risk factors associated with hormone replacement therapy

NH DHHS, Division of Public Health Services
PHS Print Catalog

(HRT). Love explores therapy options with a three-tiered system: lifestyle, alternatives, and drugs and surgery. She helps readers clarify their choices with a series of self-surveys.

✓ ***Everything You Need to Know About Lyme Disease and Other Tick-Borne Disorders.** Karen Vanderhoof-Froschner. 1997, 237 p.

✓ ***Healing ADD: The Breakthrough Program That Allows You to See and Heal the Six Types of Attention Deficit Disorder.** Daniel Amen. 2002, 421 p. This book encompasses the full spectrum of Dr. Amen's work: from symptom identification to clinical evaluation, to diet and medication recommendations, to everyday strategies for living with ADD (whether the reader is a parent of an ADD child, or has been diagnosed with the disease.)

✓ ***Halth and Healing.** Andrew Weil. 1995. 296 p. Dr. Weil presents the full spectrum of alternative healing practices, including holistic medicine, homeopathy, osteopathy, chiropractic, and Chinese medicine, and outlines how they differ from conventional approaches.

It's About Time: Better Health Care in a Minute (or Two). D.W. Kemper, M. Mettler, F. Alves, 1993. **In Stress**

✓ **Joan Lunden's Healthy Living: A Practical, Inspirational Guide To Creating Balance In Your Life.** By Joan Lunden and Laura Morton. 1998, 256 p. Lunden emphasizes the necessity of eating right, exercising, and learning to relax in order to lead a happier life. Staying fit in mind and body through

meditation, relaxation techniques, exercise, and healthy eating are all part of the plan.

Home Safe Home: A Room by Room Guide to Injury Prevention. SEE: *Injury Prevention*.

Living Well: Taking Care of Your Health in the Middle and Later Years. SEE: *Older Adults*.

Take Care of Yourself: The Complete Guide to Medical Self-Care, 5th Ed. D.M. Vickery and J.F. Fries, 1994.

✓ *** We Live Too Short and Die Too Long: How to Achieve and Enjoy Your Natural 120-Year-Life Span.** W. Bortz, M. Walter, 1991.

STRESS

Key to Abbreviations

DHHS	U.S. Dept. of Health and Human Services
NCI	National Cancer Institute
NIH	National Institutes of Health
*	These items are new to the list this year.

Related Library Section(s):
Fitness, Older Adults, Tobacco.

✓ **The Arthritis Helpbook:** A Tested Self-Management Program for Coping with Your Arthritis, 3rd Ed. SEE: *Categorical Diseases*.

Home Safe Home: A Room by Room Guide to Injury Prevention. SEE: *Injury Prevention*.

Living Well: Taking Care of Your Health in the Middle and Later Years. SEE: *Older Adults*.

SUBSTANCE ABUSE

Key to Abbreviations

AARP	American Association of Retired Persons
ACS	American Cancer Society
ALA	American Lung Assn.
ASTHO	Assn. of State and Territorial Health Officials
CDC	Centers for Disease Control
DHHS	U.S. Dept. of Health and Human Services
NCI	National Cancer Institute
NIH	National Institutes of Health
*	These items are new to the list this year.

Related Library Section(s):
Cancer, School Health Education.

***Alcohol-Related Disease Impact (ARDI).** NH DHHS, Chronic Disease Epidemiology Program, 1993. 20 p.

***A Community Substance Abuse Indicators Handbook: How Do We Know We Are Making a Difference?** Institute for Health Policy, 1997. 88 p. This handbook was written to assist community coalitions and other groups working to reduce substance abuse. It is presented as a guide to help communities develop indicators, information collected by an organization and other local data, that describe the scope and nature of local substance abuse problems.

✓ **CSAP Implementation Guide. From the Source, A Guide For**

Implementing Perinatal Addiction Prevention and Treatment Programs. Marjorie Rosensweig , et al.

✓ **Developing State Outcomes Monitoring Systems for Alcohol and Other Drug Abuse Treatment.** Patricia Ann Harrison.1995. 96 p. DHHS Publication No. (SMA) 95-3021. This document was designed to assist single State agencies in the development, implementation, and management of an OMS to improve treatment outcomes and to increase accountability for AOD treatment expenditures.

✓ **Drinking in the United States: Main Findings From the 1992 National Longitudinal Alcohol Epidemiologic Survey (NLAES).** Frederick S. Stinson..[et al.] Vol. 6, First Edition. Nov. 1998. 286p. This Data Reference Manual is one of a series that provide extensive data and other information useful to researchers, health care planners, and others interested in alcohol abuse, associated illnesses, and alcohol-related mortality.

A Guide for Evaluating Prevention Effectiveness. 1998. 58 p Drugs Prevention Initiative, CSAP.**Drugs Prevention Initiative**

✓ **Identification and Care of Fetal Alcohol-Exposed Children: A Guide for Primary-Care Providers.**1999 61.p Nation Institute on Alcohol Abuse and Alcoholism and Office of Research of Minority Health National Institutes of Health. This guide provides clinicians with office based screening and intervention Protocols for the detections of Fetal Alcohol Syndrome FAS, alcohol related birth defects, and alcohol related neurodevelopmental disorder.

✓ **Identifying the Needs of Drug-Affected Children: Public Policy Issues.** 1992. 168 p.

✓ **Measuring and Improving Cost, Cost-Effectiveness, and Cost-Benefit for Substance Abuse Treatment Programs: A Manual.** Brian T. Yates.1999. 124 p.

Multiple Indicator Analysis: Using Secondary Data to Analyze Illicit Drug Use. 2002. 107 p.
National Institute of Health, National Institute on Alcohol Abuse and Alcoholism

New Hampshire Alcohol Data, 1990-2001. 71 p.

✓ **Pregnant, Substance-Using Women.** Ira J. Marion. 1995. 90 p.

✓ **Prevention Primer: An Encyclopedia of Alcohol, Tobacco, and Other Drug Prevention Terms.**1994. 135 p.

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TOBACCO

Key to Abbreviations

AARP	American Association of Retired Persons
ACS	American Cancer Society
ALA	American Lung Assn.
ASTHO	Assn. of State and Territorial Health Officials
CDC	Centers for Disease Control
DHHS	U.S. Dept. of Health and Human Services
NCI	National Cancer Institute
NIH	National Institutes of Health
*	These items are new to the list this year.

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Cancer, School Health Education.

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VIOLENCE

Key to Abbreviations

AARP	American Association of Retired Persons
DEA	Drug Enforcement Administration
DHHS	U.S. Dept. of Health and Human Services
FBI	Federal Bureau of Investigation

* These items are new to the listing this year.

Related Library Section (s):
Self-Care, Stress, School Health Education

Bully Proof: A Teacher's Guide on Teasing and Bullying for Use With Fourth and Fifth Grade Students. N. Stein and L. Sjostrom, 1996 SEE: *School Health Education*.

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✓ **Vol. 3: Social Influences.** 1994, 592p. Examines social influences on violent events and violent behavior, particularly concentrating on how the risks of violent criminal offending and victimization are influenced by communities, social situations, and individuals; the role of spouses and intimates; the differences in violence levels between males and females; and the roles of psychoactive substances in violent events.

✓ **Vol. 4: Consequences and Control.** 1994, 408 p. Analyzes the consequences of violence and strategies for controlling them. Included are reviews of public perceptions and reactions to violence; estimates of the costs; the commonalities and complementarities of criminal justice and public health responses; efforts to reduce violence through the prediction and classification of violent offenders; and the relationships between trends in violence and prison population during a period of greatly increased use of

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✓ **Understanding Violence Against Women.** National Research Council, 1996.

✓ **Violence in Urban-America-Mobilizing a Response/National Academy Press, 1994.**

Youth Violence: A Report of the Surgeon General and Executive Summary. DHHS 2001, 176 p. This report provides summary of the state of the science on youth violence and prevention. It provides an understanding of why some young people become involved in violence and why some do not, and identifies science-based strategies that can be implemented by parents, schools, and communities to decrease the risk of youth violence.

WORKSITE

Key to Abbreviations

DHHS U.S. Dept. of Health and Human Services
NIH National Institutes of Health
WGBH Washington Business Group on Health

* These items are new to the list this year.

Related Library Sections:

Cancer, Cardiovascular, Fitness, Health Risk Appraisal, Nutrition, Self-Care, Stress, Tobacco.

Cancer Prevention/Screening in the Workplace: A Comprehensive Guide to Launching a Cancer Education/Prevention/Screening Program in Your Company. SEE: *Cancer*.

✓ **Coping With Executive Stress:** Executive Health Examiners. R.E. Winter, 1983.

✓ **Designing Effective Health Promotion Programs:** The 20 Skills for Success. R. Bellingham and M. Tager, 1986.

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✓ **Making Health Communication Programs Work:** A Planner's Guide.

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Leading Your Team Through Transition. C.D. Scott, 1989.

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✓ **Patterns of Occupational Mortality in New Hampshire, 1975-1985.** E.

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Improving Health Benefits Plan Design.

Improving Health Care Cost Management Information Systems.

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Successful Disease Management: Diabetes. SEE: *Diabetes*.

Taking Action to Protect Yourself From Tobacco Smoke in the Workplace. SEE: *Tobacco*.

Teaching Patients with Low-Literacy Skills. SEE: *Communications* .

Teaching Techniques for Safety and Health Professionals. SEE: *Communications* .

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✓ ***Who Moved My Cheese? An Amazing Way to Deal With Change in Your and in Your Life.** Spencer Johnson, Kenneth H. Blanchard. 1998, 94 p. A parable of cheese, mice, people, and how we can learn to see changes in our lives in a positive light.

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Working It Out: Planning a Smoke-Free Workplace. SEE: *Tobacco*.

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